



# Urban Strength & Urban Endurance Timetable

## Morning

## Afternoon & Evening

	Morning			Afternoon & Evening		
	<i>Subscription type</i>	<i>Time</i>	<i>Session</i>	<i>Subscription type</i>	<i>Time</i>	<i>Session</i>
Monday				Strength	6.00 - 7.00	Strength
				Available for all	6.00 - 7.00	Group Run
				Endurance	8.45 - 9.45	Swim Coaching
Tuesday				Strength	12.30 - 13.00	Blast
				Endurance	6.00 - 7.00	Bike Conditioning
Wednesday	Strength	7.00 - 7.45	Strength	Strength	6.00 - 7.00	Strength
				Endurance	6.00 - 7.00	Run Conditioning
Thursday				Available for all	12.30 - 13.00	Recon
				Strength	6.30 - 7.30	Strength
Friday	Endurance	7.00 - 7.45	Run Conditioning	Strength	12.30 - 13.00	Blast
Saturday	Endurance	7.45 - 10.00	Brick Session (monthly)			
	Strength	9.30 - 10.00	Blast			
	Strength	9.30 - 10.30	OCR Race (monthly)			
	Available for all	10.00 - 11.00	Open Gym (monthly)			

KEY:

Strength - Yellow

Endurance - Blue