



Outdoor Training Schedule starting 29th March						
MON	TUE	WED	THU	FRI	SAT	SUN
GROUP 1				GROUP 2		GROUP 1
CARDIO				CARDIO		9-9.45AM
BIKE OR RUN 7-7.45AM				BIKE OR RUN 7-7.45AM		GROUP 2 9.45-10.30AM
COOK -ALONG	GROUP 1	GROUP 2	GROUP 3 & 4	MSC QUIZ		GROUP 3 & 4
6.30PM	6-6.45PM	6-6.45PM	6.00-6.45PM	7.00PM		10.30-11.15AM
ZOOM	GROUP 2	GROUP 3 & 4	GROUP 1	ZOOM		
	6.45-7.30PM	6.45-7.30PM	6.45-7.30PM			
ALL Yellow sessions will be done online						
ALL other sessions will be done at Bedford Park						