

READING

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MON	TUES	WEDS	THURS	FRI	SAT	SUN
DYNAMIC 6.45AM				DYNAMIC 6.45AM		
DYNAMIC 7.45AM	DYNAMIC 7.30AM	CHALLENGE 7.45AM	DYNAMIC 7.30AM	CHALLENGE 7.45AM	DYNAMIC 8AM	CHALLENGE 8AM
DYNAMIC 9.15AM	DYNAMIC 9.05AM	DYNAMIC (Women Only) 9.15AM	DYNAMIC 9.05AM	RECOVERY 9.15AM	DYNAMIC 9AM	DYNAMIC 9AM
DYNAMIC 10.15AM	DYNAMIC 10.05AM	DYNAMIC 10.15AM	BARRE 10.05AM	DYNAMIC 10.15AM	DYNAMIC 10AM	RECOVERY 10AM
		DYNAMIC 12.30PM			DYNAMIC 11AM	DYNAMIC 11AM
BARRE (Women Only) 1PM					DYNAMIC (Women Only) 12PM	DYNAMIC 12PM
CHALLENGE 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM		
DYNAMIC (Women Only) 6.30PM	DYNAMIC (Women Only) 6.30PM	DYNAMIC (Women Only) 6.30PM	DYNAMIC 6.30PM	RECOVERY 6.30PM		
CHALLENGE 7.30PM	DYNAMIC 7.30PM	DYNAMIC 7.30PM	RECOVERY 7.30PM			

WOKINGHAM

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MON	TUES	WEDS	THURS	FRI	SAT	SUN
DYNAMIC 7AM	DYNAMIC 7AM	CHALLENGE 7AM	DYNAMIC 7AM	CHALLENGE 7AM		
CHALLENGE 8AM	DYNAMIC 8AM	DYNAMIC 8AM	CHALLENGE 8AM	DYNAMIC 8AM	DYNAMIC 8AM	CHALLENGE 8AM
DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM
RECOVERY 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	RECOVERY 10AM
DYNAMIC 12PM	DYNAMIC 12PM	DYNAMIC 12PM	DYNAMIC 12PM	DYNAMIC 12PM	DYNAMIC 11AM	DYNAMIC 11AM
DYNAMIC 1PM		RECOVERY 1PM		DYNAMIC 1PM	DYNAMIC 12PM	DYNAMIC 12PM
				DYNAMIC 4.30PM		
DYNAMIC 5.30PM	CHALLENGE 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM		
DYNAMIC 6.30PM	DYNAMIC 6.30PM	DYNAMIC 6.30PM	DYNAMIC 6.30PM	DYNAMIC 6.30PM		
CHALLENGE 7.30PM	DYNAMIC 7.30PM	DYNAMIC 7.30PM	RECOVERY 7.30PM			