

# FENTON CAVE

## CLASS TIMETABLE

<b>MON</b>	<b>6:15am</b> <b>EARLY MIXED CLASS</b> Matt Deeming 45 Mins	<b>10:00am</b> <b>CAVE MIXED CLASS</b> Tina Roach 45 Mins	<b>5:30pm</b> <b>CAVE MIXED CLASS</b> Adam Pugh 45 Mins	<b>6:30pm</b> <b>CAVE MIXED CLASS</b> Adam Pugh 45 Mins	<b>7:30pm</b> <b>SPINNING</b> Lorraine Smith 45 Mins
	<b>6:15am</b> <b>EARLY MIXED CLASS</b> Paul Shaw 45 Mins	<b>10:00am</b> <b>CAVE MIXED CLASS</b> Scott Brian 45 Mins	<b>5:30pm</b> <b>CAVE MIXED CLASS</b> Scott Brian 45 Mins	<b>6:30pm</b> <b>CAVE MIXED CLASS</b> Scott Brian 45 Mins	<b>7:30pm</b> <b>CAVE MIXED CLASS</b> Scott Brian 45 Mins
<b>WED</b>	<b>6:15am</b> <b>EARLY MIXED CLASS</b> Lorraine Smith 45 Mins	<b>10:00am</b> <b>CAVE MIXED CLASS</b> Chris Jebb 45 Mins	<b>5:30pm</b> <b>CAVE MIXED CLASS</b> Adam Pugh 45 Mins	<b>6:30pm</b> <b>CAVE MIXED CLASS</b> Adam Pugh 45 Mins	
	<b>6:15am</b> <b>EARLY MIXED CLASS</b> Paul Shaw 45 Mins	<b>10:00am</b> <b>CAVE MIXED CLASS</b> Jay Andrews 45 Mins	<b>5:30pm</b> <b>CAVE MIXED CLASS</b> Adam Pugh 45 Mins	<b>6:30pm</b> <b>CAVE MIXED CLASS</b> Adam Pugh 45 Mins	
<b>FRI</b>	<b>6:15am</b> <b>EARLY MIXED CLASS</b> Lorraine Smith 45 Mins	<b>10:00am</b> <b>CAVE MIXED CLASS</b> Lorraine Smith 45 Mins	<b>4:30pm</b> <b>CAVE MIXED CLASS</b> Paul Shaw 45 Mins	<b>5:30pm</b> <b>CAVE MIXED CLASS</b> Matt Deeming 45 Mins	<b>6:30pm</b> <b>CAVE MIXED CLASS</b> Matt Deeming 45 Mins
	<b>9:00am</b> <b>CAVE MIXED CLASS</b> Matt Deeming 45 Mins	<b>10:00am</b> <b>CAVE BOXING</b> Matt Deeming 45 Mins	<b>10:00am</b> <b>GLUTES HYPERTROPHY</b> Adam Pugh 60 Mins	<b>1:00pm</b> <b>GROUP SESSION - Arms</b> Adam Pugh 60 Mins	
<b>SUN</b>	<b>9:00am</b> <b>CAVE MIXED CLASS</b> Paul Shaw 45 Mins	<b>3:00pm</b> <b>ABS BLAST</b> Adam Pugh 45 Mins	<b>4:00pm</b> <b>CAVE MIXED CLASS</b> Paul Shaw 45 Mins	<b>5:00pm</b> <b>GROUP SESSION - Legs</b> Paul Shaw 60 Mins	