

FENTON CAVE CLASS TIMETABLE

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4:15am	10:00am	5:30pm	4:30pm	7:30pm
		•		SPINNING
	SAVE MUNICIPALITY	VAVIL MINILID CLIMOU	CAVE MUNICIPALITY	
Matt Deeming	Tina Roach	Adam Pugh	Adam Pugh	Lorraine Smith 45 Mins
				7:30pm
		•		
EVICT MIXED CIV22	CAVE MIXED CLASS	CAVE MIXED CLASS	CAVE MIXED CLASS	CAVE MIXED CLASS
Paul Shaw	Scott Brian	Scott Brian	Scott Brian	Scott Brian
45 Mins	45 Mins	45 Mins	45 Mins	45 Mins
6:15am	10:00am	5:30pm	6:30pm	
EARLY MIXED CLASS	CAVE MIXED CLASS	CAVE MIXED CLASS	CAVE MIXED CLASS	
Lorraine Smith	Chris Jebb	Adam Puah	Adam Puah	
45 Mins	45 Mins	45 Mins	45 Mins	
6:15am	10:00am	5:30pm	6:30pm	THE SHADOW TO SEE THE
EARLY MIXED CLASS	CAVE MIXED CLASS	CAVE MIXED CLASS	CAVE MIXED CLASS	
		Adam Pugh 45 Mins		
6:15gm	10:00am	4:30pm	5:30pm	6:30pm
FARLY MIXED CLASS	CAVE MIXED CLASS			CAVE MIXED CLASS
Lorraine Smith	Lorraine Smith	Paul Shaw	Matt Deeming	Matt Deeming
				45 Mins
CAVE MIXED CLASS	CAVE BOXING	GLUTES HYPERTROPHY	GROUP SESSION - Arms	1 1
Matt Deeming	Matt Deeming	Adam Pugh	Adam Pugh	
45 Mins	45 Mins	60 Mins	60 Mins	A.
9:00am	3:00pm	4:00pm	5:00pm	11
CAVE MIXED CLASS	ABS BLAST	CAVE MIXED CLASS	GROUP SESSION - Legs	
Paul Shaw	Adam Pugh	Paul Shaw	Paul Show	
45 Mins	45 Mins	45 Mins	60 Mins	
	45 Mins 6:15am EARLY MIXED CLASS Paul Shaw 45 Mins 6:15am EARLY MIXED CLASS Lorraine Smith 45 Mins 6:15am EARLY MIXED CLASS Paul Shaw 45 Mins 6:15am EARLY MIXED CLASS Paul Shaw 45 Mins 6:15am EARLY MIXED CLASS Lorraine Smith 45 Mins 9:00am CAVE MIXED CLASS Matt Deeming 45 Mins 9:00am CAVE MIXED CLASS Paul Shaw	Matt Deeming 45 Mins 45 Mins 6:15am 10:00am CAVE MIXED CLASS Paul Shaw 45 Mins 45 Mins 45 Mins 45 Mins 6:15am 10:00am CAVE MIXED CLASS CAVE MIXED CLASS CAVE MIXED CLASS Paul Shaw 45 Mins	EARLY MIXED CLASS CAVE MIXED CLASS Matt Deeming 45 Mins 45 Mins 45 Mins 5:30 pm EARLY MIXED CLASS CAVE MIXED CLASS	EARLY MIXED CLASS