



**Group Training System
(G.T.S)**

**Bookings essential for
New Clients**

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	MON	TUE	WED	THUR	FRI	SAT	S
6am	G.T.S		G.T.S		G.T.S		U
6.30	6-7.30am		6-7.30am		6-7.30am		N
7.00							D
7.30							A
8.00						G.T.S	Y
8.30						8-10am	
9.00	G.T.S			G.T.S			C
9.30	9-11am			9-11am			L
10.00							O
10.30							S
11.00							E
11.30							D
12pm							
12.30							
1.00							
1.30							
2.00							
2.30							
3.00						G.T.S	
3.30						2.30-	
4.00	G.T.S					4.00pm	
4.30	4-8pm		G.T.S	G.T.S			
5.00			4.30-	4.30-			
5.30			7.30pm	7.30pm			
6.00							
6.30							
7.00							
7.30							
8.00							

