

Autumn Timetable

2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00-8.00 EQ-FT	7.00-7:45 SWEAT	7.00-8.00 EQ-FT	7.00-8.00 SWEAT	7.00-8.00 EQ-FT (team)		
8.10-9.05 Open Gym	8.10-9.05 Open Gym	8.10-9.05 Open Gym	8.10-9.05 Open Gym	8.10-9.05 Open Gym	8.00-8.45 EQ-FT	8.00-8.45 SWEAT
9.15-10.15 EQ-FT	9.15-10.15 SWEAT	9.15-10.15 EQ-FT	9.15-10.15 EQ-GYMNASTICS	9.15-10.15 EQ-FT (team)	9.00-9.45 EQ-FT	9.00-9.45 SWEAT
10.30-11.30 Open Gym	10.30-11.30 Open Gym	10.30-11.30 Open Gym	10.30-11.30 Open Gym	10.30-11.30 Open Gym	10.00-10.45 EQ-FT	
3:50- 4:25 EQ KIDS (age 5-10)		3:50-4:25 EQ KIDS (age 5-10)			11.00-12.00 Open Gym	
4:30-5:30 EQ TEENS (age 11-16)	4:30-5:30 EQ Talent Academy INVITE ONLY	4:30-5:30 Development EQ-WL INVITE ONLY	4:00-5:30 Open Gym	4:30-5:30 EQ TEENS (age 11-16)		
5.30-6.30 EQ-FT	5.30-6.30 SWEAT	5.30-6.30 EQ-FT	5.30-6.30 EQ-GYMNASTICS	6.00-7.00 EQ-FT (team)		
6.45-7.45 EQ-WL	6.45-7.45 SWEAT	6.45-7.45 EQ-FT	6.45-7.45 EQ-WL			