



BIRKENHEAD INTEGRATED TEAM TRAINING GYM: WINTER 2012 SCHEDULE

Monday Wednesday – Opening Hours 6am-9pm

6am - 7am ITT Zone Circuit (60mins)

5.30-6.30pm ITT Zone Circuit (60mins)

Tuesday Thursday – Opening Hours 6am-10pm

6am - 7am ITT Zone Session (60mins)

9.15 - 9.45am ITT Circuit (30mins)

Friday – Opening Hours 6am - 9pm

6am - 7am ITT Circuit (60mins)

6pm - 7pm ITT Circuit (60mins)

Saturday – Opening Hours 9am - 6pm

No circuits running on this day.

Sunday – Opening Hours 9am - 6pm

No circuits running on this day.