

SPEEDFLEX AT NEWCASTLE

TIMETABLE

VALID FROM MARCH 20TH 2017

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | |
|--------|-----------------|-----------------|-----------------|-----------------|-----------------|-------------|
| 6.30 | Classic 45 | BodyFlex 45 | Classic 45 | Classic 45 | Classic 45 | |
| 7.30 | Rolling session | Classic 30 | Rolling session | Classic 30 | Rolling session | |
| 8.15 | | Rolling session | | Rolling session | | |
| 9.45 | | | | | | |
| 10.00 | Classic 45 | Classic 45 | Classic 45 | Classic 45 | Classic 45 | |
| *11.00 | Rolling session | Rolling session | Rolling session | Rolling session | Rolling session | |
| 12.00 | | Classic 30 | | | Classic 30 | |
| 12.30 | | Coreflex 30 | | | Coreflex 30 | |
| 13.00 | | | | | | |
| *14.00 | Classic 45 | Rolling session | | Rolling session | Rolling session | |
| *15.00 | | | PureFlex 30 | | | |
| *15.30 | | | CoreFlex 30 | | | CoreFlex 30 |
| *16.00 | Rolling session | | | | | |
| *16.30 | | | Rolling session | | | |
| 17.00 | | | | Rolling session | Rolling session | |
| 18.00 | Classic 45 | | Classic 45 | | | |
| 18.45 | | | | | | |
| 19.00 | Classic 45 | Classic 45 | BodyFlex 45 | Classic 45 | | |
| *20.00 | BodyFlex 45 | Classic 45 | Classic 45 | BodyFlex 45 | | |

| TIME | Saturday | Sunday |
|--------|-------------|-------------|
| *9.00 | Classic 45 | Classic 45 |
| *10.00 | BodyFlex 45 | Classic 45 |
| *11.00 | Classic 45 | BodyFlex 45 |
| *12.00 | Classic 30 | Classic 30 |

Session times with an asterisk are available to off peak customers