

SPEEDFLEX NEWCASTLE TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.30	Classic 45	X-Flex 45	Classic 45	Classic 45	Classic 45
7.30	PureFlex 30	Classic 30	CoreFlex 30	Classic 30	Classic 30
8.15 - 9.45	Rolling Session	Rolling Session	Rolling Session	Rolling Session	Rolling Session
10.00*	X-Flex 45	Classic 45	Classic 45	BodyFlex 45	Classic 45
12.30*	Classic 30	PureFlex 30	X-Flex 30	Classic 30	Classic 30
13.00*	CoreFlex 30		Classic 30		Classic 30
13.30*	Classic 30	Classic 30	CoreFlex 30	Classic 30	PureFlex 30
16.30*	Classic 45	Classic 45	Classic 45	Classic 45	Classic 45
17.30 -18.45	Rolling Session	Rolling Session	Rolling Session	Rolling Session	Rolling Session
19.00	Classic 45	Classic 45	BodyFlex 45	X-Flex 45	
20.00*	BodyFlex 45	Classic 45	Classic 45	Classic 45	

TIME	SATURDAY	SUNDAY
9.00*	Classic 45	Classic 45
10.00*	BodyFlex 45	X-Flex 45
11.00*	X-Flex 45	Classic 45
12.00*	Classic 30	CoreFlex 30

VALID FROM JULY 2017

Session times with an asterisk are available to off peak customers

SPEEDFLEX