



FFS FITNESS GROUP SESSION TIMETABLE

MON - 6.30AM, 9.15AM, 6PM & 7.15PM

TUES - 9.15AM & 6PM

WED - 6.30AM, 9.15AM, 6PM & 7.15PM

THUR - 9.15AM & 6PM

FRI - 6.30AM, 9.15AM, 6PM & 7.15PM

SAT - 8AM & 9AM

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