



Parkside Running & Fitness Timetable



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|---------------|---------------------------|---------------|
| GROUP CLASSES | AVAILABLE APPOINTMENTS | NOT AVAILABLE |
|---------------|---------------------------|---------------|

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|---|--|---|---|--|---------------------------------------|---|
| 08:00 - 09:00 | | | | | | | |
| 09:00 - 10:00 | | NOT AVAILABLE | | NOT AVAILABLE | | 8:30 - 11:00 All levels PARKRUN | 9:00 - 12:00 All levels LSR Social Run (inc Long Brew Running Club) |
| 10:00 - 11:00 | 10:00 - 11:00 Beginners to Intermediates GROUP RUN | | 10:00 - 11:00 Beginners to Intermediates GROUP RUN | | 9:30 - 11:30 All levels MSR SOCIAL RUN | | |
| 11:00 - 12:00 | | | | | | | |
| 12:00 - 13:00 | NOT AVAILABLE | | | | | | |
| 13:00 - 14:00 | | | | | | | |
| 14:00 - 15:00 | | | | | | | |
| 15:00 - 16:00 | | | | | | | |
| 16:00 - 17:00 | | | | | | | |
| 17:00 - 18:00 | | | | | | | |
| 18:00 - 19:00 | | | | | | | |
| 19:00 - 20:00 | 19:00 - 20:00 Beginners to Intermediates GROUP RUN | 19:00 - 20:00 All levels HILLS SESSION | | 19:00 - 20:00 Beginners to Intermediates SPEED SESSION | | | |
| 20:00 - 21:00 | | | | | | | |