



Parkside Running & Fitness Timetable



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30		NOT AVAILABLE		NOT AVAILABLE		8:30 - 11:00 All levels Parkrun	
09:00							
09:30						9:30 - 11:30 All levels MSR Social run	9:30 - 11:30 All levels LSR Social Run (inc Long Brew Running Club)
10:00	10:00 - 11:00 Beginners to Intermediates		10:00 - 11:00 Beginners to Intermediates				
10:30							
11:00							
11:30							
12:00							
12:30							
13:00	NOT AVAILABLE						
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30							
18:00							
18:30							
19:00				19:00 - 20:00 All levels Speedwork Session			
19:30	19:30 - 20:30 Beginners to Intermediates	19:00 - 20:00 All levels Hills Session					
20:00							
20:30							
21:00							