



# SM Dural Group Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
6:00am	Class	Class	Class	Class	Class		CLOSED
7:30am						Class	CLOSED
9:30am	Class	Class	Class	Class	Class		CLOSED
10:30am	Class	Class	Class	Class	Class		CLOSED
11:30am					Class		CLOSED
12:30pm	Class	Class	Class	Class			CLOSED
5:30pm	Class	Class	Class	Class			CLOSED
7:00pm	Class	Class	Class	Class			CLOSED

\*Download our "Strong Mamas Health & Fitness" app to view class styles/designs\*