











Inspire Group Timetable

	AM	PM
MON	6AM 	5PM 
TUES	6AM 	5PM 
WED	6AM 	5PM 
THURS	6AM 	5PM 
FRI	6AM 	
SAT	7.30AM 	

Timetable key

-  Small Group Training
-  Bootcamp
-  Boxing
-  Kettlebells

Location

Seaton Ramblers Football Club, Pedlar St, Seaton