

# Royton Health Suite Programme

All Mixed Sessions

Day	Time	Session
Monday	07:00 - 11:00	Mixed
Monday	11:15 - 17:00	Mixed
Monday	17:15 - 20:30	Mixed
Tuesday	07:00 - 11:00	Mixed
Tuesday	11:15 - 17:00	Mixed
Tuesday	17:15 - 20:30	Mixed
Wednesday	07:00 - 11:00	Mixed
Wednesday	11:15 - 17:00	Mixed
Wednesday	17:15 - 20:30	Mixed
Thursday	07:00 - 11:00	Mixed
Thursday	11:15 - 17:00	Mixed
Thursday	17:15 - 20:30	Mixed
Friday	07:00 - 11:00	Mixed
Friday	11:15 - 17:00	Mixed
Friday	17:15 - 20:30	Mixed
Saturday	08:00 - 13:00	Mixed
Saturday	13:15 - 16:00	Mixed
Sunday	08:00 - 13:00	Mixed
Sunday	13:15 - 16:00	Mixed