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- Build strength
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- Become a healthier you



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3 Whitney Rd
Basingstoke
RG24 8NS



	Mon	Tue	Wed	Thur	Fri		Sat	Sun
6am	AST	AST	AST	AST	AST			
7am	AST	AST	AST	AST	AST			
8am						8am	AST	
9.15am	AST	AST	AST	AST	AST	9am	AST	AST
10am						10am	AST	
11am								
12noon								
1pm								
2pm								
3pm								
5.15pm	AST	AST	AST	AST	AST			
6.15pm	AST	AST	AST	AST	AST			
7.15pm	AST	AST	AST	AST	AST			
8pm								
9pm								

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