

	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM
MONDAY	6.45am - Learn The Move 7.15am - 				11am - Learn The Move 11.10am - 	12.15pm - 					
TUESDAY	6.45am - Learn The Move 7.15am - 				11am - Learn The Move 11.10am - 	12.15pm - 	1.15pm - 	2.15pm - 	3.30pm - 	4.30pm - 	5.15pm -
WEDNESDAY					11am - Learn The Move 11.10am - 	12.15pm - 		2.15pm - 			
THURSDAY	6.45am - Learn The Move 7am - 				11am - Learn The Move 11.10am - 	12.15pm - 					5.30pm -
FRIDAY	6.45am - Learn The Move 7am - 			10.30am - 	11am - Learn The Move 11am - 	12.15pm - 				4.15pm - 	
SATURDAY			9am - 								
SUNDAY			9am - 						4.15pm - 	5.30pm - 	