CROWBOROUGH CLASS TIMETABLE

DAY	6AM	7AM	8AM	9AM	10AM	11AM	12PM	1PM	5PM	6PM	7PM
Monday											
Tuesday		SWEAT					SWEAT		SWEAT		SWEAT
Wednesday	CAPACITY				CAPACITY					CAPACITY	
Thursday		STRONG					STRONG				STRONG
Friday					SWEAT					STRONG	
Saturday				SWEAT							
Sunday											