CROWBOROUGH TIMETABLE

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