

Anthony's Groups Christmas Timetable

Week Type	Dates	Attendance	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
N	17.12.2012 - 23.12.2012	Normal (with small timetable changes)	AM	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	8:00-10:00	Off	Off
			PM	Land Gym 6:00 - 8:00	4:45 - 6:45	Land Yoga Kepp Gym 6:00 - 8:00	Land Gym 5:00 - 7:00	Metamót Session W.U 3:00	Metamót Session W.U 2:00	Off
H	24.12.2012 - 30.12.2012	Holiday (all 6 compulsory - each session worth 1.25 sessions)	AM	Off	Off	Off	8:30 - 11:00 1995 Gym	8:30 - 11:00	8:30 - 11:00 1995 Gym	Off
			PM	Off	Off	Off	3:30 - 6:00	3:30 - 6:00	3:30 - 6:00	Off
H	31.12.2012 - 6.1.2013	Holiday (all 6 compulsory - all except Fri AM are worth 1.25 sessions)	AM	Off	Off	Off	8:30 - 11:00 1995 Gym	5:30 - 7:30	8:30 - 11:00 1995 Gym	Off
			PM	Off	Off	Off	3:30 - 6:00	3:30 - 6:00	3:30 - 6:00	Off
N	7.1.2013 - 13.1.2013	Normal	AM	Resume Normal Training						
			PM							