



Annangrove Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.45am	5.45am	5.45am	5.45am	5.45am	
7:00am	7:00am	7:00am	7:00am	7:00am	7:00am
8.00am				8.00am	8:00am
9.00am	9.00am	9.00am	9.00am	9.00am	9:00am
10.00am New Member Technique Class				10.00am New Member Technique Class	
4.00pm	4.00pm	4.00pm	4.00pm		
	5.00pm New Member Technique			5.00pm	
6.00pm	6.00pm	6.00pm	6.00pm	6.00pm	
7:00pm	7:00pm	7:00pm	7:00pm		

All classes are 50 min programs. Please be wrapped and ready to start 10 min before this time.