

# Schedule

## TRAINING SCHEDULE

As a member of one element you can train where ever and when ever you like, each week is different ensuring you get the best fitness and stay enthused!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barnes Green		7.30pm		7.30pm		9.00am
Battersea Park		7.30pm		7.30pm		
Highbury Fields	7.30pm		7.30pm			8.30am
Paddington Rec	7.30pm		7.30pm			8.30am
Parsons Green	7.30pm		7.30pm			9.00am
Peckham Rye	7.30pm		7.30pm			9.00am
Primrose Hill		7.30pm		7.30pm		10.30am
Putney	7.30pm		7.30pm			9.00am
Richmond	7.30pm		7.30pm			9.00am
Streatham Common	7.30pm		7.30pm			9.00am
Tooting Bec		7.30pm		9.45am/7.30pm		9.00am
Twickenham	7.30pm		7.30pm			9.00am
Wandsworth Common	7.00pm		7.30pm			8.00am/10.30am
Wandsworth West Side		9.30am			9.30am	
Wimbledon Park		7.30pm		7.30pm		9.00am



0208 8711295  
[www.one-element.co.uk](http://www.one-element.co.uk)

CHALLENGE / TRAIN / NOURISH / PLAY