

JULY-SEPTEMBER

GYM CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	STRONG	BOOTCAMP	STRENGTHX	BODYBLAST	CIRCUITS		
9:20 AM	RETRO EXERCISE	KETTLEBELLS	RETRO EXERCISE	SPIN	CIRCUITS		
10:00 AM	SPIN	SPIN	UPPERBODY BLAST	BOOTCAMP		S & C	COACHES CHOICE
10:30 AM	PILATES		PILATES		SPIN		
11:00 PM						SPIN	MOBILITY
1:15 PM	BODYBLAST		SPIN		BODYBLAST		
6:00 PM	SPIN	FITBALL	SPIN	FITBALL			
6:35 PM	BOOTCAMP	S & C	STRENGTH	BOOTCAMP			
7:15 PM		TRYKA		HYROX			



INDICATES 30 MINUTE CLASS



INDICATES 45 MINUTE CLASS



ADDITIONAL SERVICE 1 HOUR CLASS
MAXIMUM OF 8 PEOPLE PER CLASS

OPENING HOURS

6AM OPEN ONLY FOR
CLASSES

MON-THUR 7AM-10PM

FRI 7AM-9PM

SAT-SUN 8AM-6PM

BANK HOLIDAYS

10AM-4PM