


MARTELLO FITNESS GYM TIMETABLE.

JUNE 2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00am	Start Strong (40mins)	StrengthX (40mins)	Bootcamp (40 mins)	Body Blast (40mins)	Circuits (40 mins)			CLASSES <u>only</u> at 6am
9:20am	Dance to Retro Music (30mins)	Kettlebell Flow (40mins)	Dance to Retro Music (30mins)					GYM OPENING HOURS
9:30am				Spin (30 mins)	Circuits (50 mins)			MONDAY 7am - 10pm
10:00am	Spin (30mins)	Spin (30mins)	Upper Body Blast (30mins)	Bootcamp (40 mins)		Strength & Conditioning (30mins)	Coaches Choice (30mins)	TUESDAY 7am - 10pm
10:30am	Pilates and Core (40 mins)		Pilates and Core (40 mins)		Spin (30mins)	Spin (30mins)	Spin (30mins)	WEDNESDAY 7am - 10pm
1:15pm	Bodyblast (30mins)		Spin (30mins)		Bodyblast (30mins)			THURSDAY 7am - 10pm
6pm					Bums Legs & Tums (30mins)			FRIDAY 7am - 9pm
6:30pm	Spin (30min)		Spin (30min)					SATURDAY 9am - 6pm
7:00pm	Bootcamp (40 mins)	Spin (40min)	Strength (45mins)	Bootcamp (40 mins)				SUNDAY 9am - 5pm
7:45pm		TRX & Bells (30mins)		Spin (30min)				
Class intensity guide	Spin in Yellow	Open to all levels in Purple	Intermediate level in orange	Advanced level in Red	Low intensity in Green			

Please ensure to sign in with reception when using the gym. Booking is essential for all classes, in some cases we have a finite amount of equipment don't step into the class if it is full and you don't have a place without talking to the instructor they more than likely will have something else you can do for the session



SCAN FOR TIMETABLE,
PERSONAL TRAINING & SOCIAL
MEDIA UPDATES

