



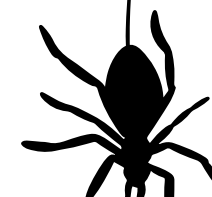
GYM CLASS SCHEDULE

OCTOBER 13TH-31ST

Timetable is subject to change



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00AM	BOOTCAMP	STRENGTH X	STRONG	BUMS & TUMS	CIRCUITS & MOBILITY		
09:20AM	RETRO EXERCISE	KETTLEBELLS	RETRO EXERCISE	SPIN	CIRCUITS		
09:30 AM							
10:00AM	SPIN	SPIN	UPPER BODY BLAST	BOOTCAMP		STRENGTH & CONDITIONING	COACHES CHOICE
10:30AM	PILATES		PILATES		SPIN		
11:00AM						SPIN	MOBILITY
01:15PM	BOOTCAMP		SPIN		HIIT		



6:00 PM	SPIN	FITBALL WITH CATHY	SPIN	FITBALL WITH CATHY	BOOTCAMP
06:35PM	BOOTCAMP	STRENGTH & CONDITIONING	STRENGTH	BOOTCAMP	
07:15PM	SMALL GROUP	HYROX	SMALL GROUP	HYROX	

- INDICATES 30 MIN CLASS
- ADDITIONAL SERVICE
- INDICATES 40-45 MIN CLASS

OPENING HOURS

6AM OPEN ONLY FOR CLASSES

MON-THURS 7AM-10PM

FRI 7AM-9PM

SAT & SUN 8AM-5PM

BANK HOLIDAYS
10AM-4PM

Note there are no classes on bank holidays