

MARTELLO FITNESS GYM TIMETABLE.

17th-30th June

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	Exercise to Retro Music (30mins)		Exercise to Retro Music (30mins)					GYM OPENING HOURS
9:30am		Kettlebell Flow (40 mins)		Spin (30 mins)				MONDAY 7am - 10pm
10:00am	Spin (30mins)	Spin (30mins)	Upper Body Blast (30mins)	Bootcamp (40 Mins)	Circuits (50 mins)			TUESDAY 7am - 10pm
10:30am	Pilates and Core (40 mins)		Pilates and Core (30 mins)			Strength & Conditioning (45mins)	Coaches Choice (45mins)	WEDNESDAY 7am - 10pm
10:50am					Spin (30mins)			THURSDAY 7am - 10pm
								FRIDAY 7am - 9pm
								SATURDAY 9am - 6pm
								SUNDAY 9am - 5pm
1:15pm	Bodyblast (30mins)		Spin (30mins)		Bodyblast (30mins)			
6pm	Spin (30min)	Fitball with Cathy (30 mins)			Bums Legs & Tums (30mins)			
6:30pm	Bootcamp (40 mins)	Spin (30 mins)	Spin (30min)	Fit Ball with Cathy (30mins)				
7:00pm			Strength (45mins)	Bootcamp (40 mins)				
7:45pm			Dance Fit with Cathy (30mins)					
Class intensity guide	Spin in Yellow	Open to all levels in Purple	Intermediate level in orange	Advanced level in Red	Low intensity in Green			



SCAN FOR TIMETABLE,
PERSONAL TRAINING & SOCIAL
MEDIA UPDATES



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