



## CLASS TIMETABLE - Commencing 12th April 2021

Due to Government restrictions, S75 Fitness will open from 12th April 2021. Classes will start from 17th May 2021.

Until then you have the option to attend the gym to do a pre written workout that will be overseen by a Personal Trainer & Coach.

Therefore supporting both your fitness and mental wellbeing.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	<b>9.30 - 10.30</b> Open Gym Programmed <b>Circuits</b>	<b>9.30 - 10.20</b> Open Gym Programmed <b>Bootcamp</b>	<b>9.30 - 10.30</b> Open Gym Programmed <b>Bootcamp</b>		<b>9.30 - 10.20</b> Open Gym Programmed <b>L.B.T</b>	<b>9.30 - 10.20</b> Open Gym Programmed <b>Bootcamp</b>
						<b>10.30 - 11.00</b> Mental Health Workshop <b>Stretch, Relax &amp; Heal</b>
						<b>10.30 - 12.00</b> Open Gym Unprogrammed
AFTERNOON	<b>12.30 - 13.00</b> Open Gym Programmed <b>HIIT</b>	<b>12.00 - 12.30</b> Open Gym Programmed <b>HIIT</b>	<b>12.30 - 13.00</b> Open Gym Programmed <b>HIIT</b>		<b>12.30 - 13.00</b> Open Gym Programmed <b>HIIT</b>	
	<b>15.30 - 17.00</b> Open Gym Unprogrammed	<b>15.30 - 17.00</b> Open Gym Unprogrammed	<b>15.30 - 17.00</b> Open Gym Unprogrammed			
EVENING	<b>17.00 - 17.50</b> Open Gym programmed <b>Ladies Only Lifting</b>	<b>17.00 - 17.50</b> Open Gym programmed <b>Ladies Only Lifting</b>	<b>17.00 - 17.50</b> Open Gym programmed <b>Ladies Only Lifting</b>	<b>17.30 - 18.00</b> Open Gym programmed <b>HIIT</b>		
	<b>18.00 - 18.50</b> Open Gym programmed <b>Circuits</b>	<b>18.00 - 18.50</b> Open Gym programmed <b>L.B.T</b>	<b>18.00 - 19.00</b> Open Gym programmed <b>Bootcamp</b>	<b>18.10 - 19.00</b> Online Class <b>Trigger Point Pilates</b>		
	<b>19.00 - 19.45</b> Mental Health Workshop <b>Stretch, Relax &amp; Heal</b>					