



CLASS TIMETABLE

For all of our **Open Gym** times and for the most up to date session times, please see the live timetable on our website

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	9.30 - 10.30 Bootcamp	07.15 - 08.00 HIIT & Stretch	9.30 - 10.30 Bootcamp - Cardio Club		9.30 - 10.30 L.B.T	08.30 - 09.30 Open Gym
		09.30 - 10.30 Pilates with Kate			10.30 - 11.30 Pilates / Yoga with Kate *	09.30 - 10.20 Bootcamp
					* This class starts June 2021	10.30 - 11.30 Stretch & Mobility *
AFTERNOON	12.30 - 13.00 HIIT		12.30 - 13.00 HIIT		12.30 - 13.00 HIIT	* This is a bi-weekly class please refer to online timetable
EVENING	17.00 - 17.30 Lady Lifts	17.00 - 18.45 Open Gym	17.20 - 18.00 Lady Lifts	17.30 - 18.00 HIIT		
	17.30 - 18.10 Bootcamp	18.00 - 18.45 Programmed HIIT or Running Club	18.00 - 19.00 Bootcamp - Cardio Club	18.15 - 19.15 Trigger Point Pilates		
	18.15 - 19.00 Lady Lifts / L.B.T	18.45 - 19.30 Fit & Flow with Melissa				