

GYM-TECH

Group fitness studios - Timetable

STUDIO (1) GROUP FITNESS

Time	Fitness Class
Monday	
12.30 - 1.20pm	LESMILLS BODYPUMP 45'
5.30 - 6.00pm	ABS & CORE 30'
6.00 - 6.50pm	LESMILLS BODYATTACK 55'
7.15 - 8.10pm	LESMILLS BODYPUMP 45'
8.15 - 9.15pm	BALANCE 45'
Tuesday	
6.00 - 7.00pm	LESMILLS BODYCOMBAT 55'
7.15 - 7.50pm	PUMP HIIT 30'
Wednesday	
12.30 - 1.20pm	LESMILLS BODYPUMP 45'
5.30 - 6.00pm	ABS & CORE 30'
6.00 - 6.30pm	LESMILLS BODYATTACK 30'
6.40 - 7.10pm	HIIT STRENGTH 30'
7.15 - 8.00pm	LESMILLS BODYPUMP 45'
Thursday	
5.40 - 6.10pm	HIIT MIX UP 30'
6.15 - 7.00pm	BALANCE 45'
7.10 - 8.00pm	CARDIO COMBAT VIRTUAL 55'
Friday	
6.00 - 6.50pm	LESMILLS BODYPUMP 45'
Saturday	
9.00 - 9.30am	HIIT TRAINING 30'

STUDIO (2) INDOOR CYCLING

Time	Fitness Class
Monday	
6.00 - 6.50pm	LESMILLS RPM 55'
7.00 - 7.30pm	LESMILLS sprint 30'
Tuesday	
10.00 - 10.30am	LESMILLS sprint 30'
6.00 - 7.00pm	LESMILLS RPM 55'
7.10 - 7.40pm	LESMILLS sprint 30'
Wednesday	
6.00 - 7.00pm	LESMILLS RPM 55'
7.15 - 7.45pm	LESMILLS sprint 30'
Thursday	
7.00 - 8.00pm	LESMILLS RPM 55'
Friday	
10.00 - 11.00am	LESMILLS RPM 55'
7.00 - 7.30pm	LESMILLS sprint 30'
Saturday	
9.30 - 10.30am	LESMILLS RPM 55'



Heart Rate Projected on screen during class!



Tel: 30250940

WWW.GYM-TECH.ORG.UK

Download our FREE APP!



PLEASE CANCEL YOUR CLASS IF UNABLE TO ATTEND - BOOKING ESSENTIAL - THANK YOU!

Opening Hours: Monday to Friday 6.00am - 9.30pm. Saturday 8.45am - 3.00pm & Sunday 9.00am - 1.00pm.

BOOK YOUR FREE CLASS OR GYM PASS!