

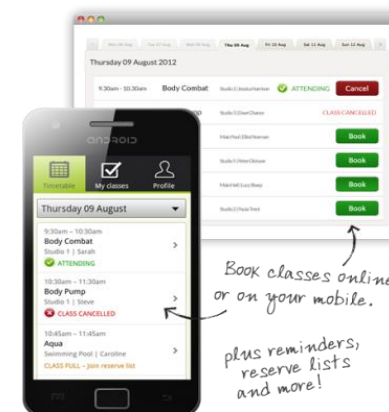
| STUDIO (1) GROUP FITNESS | |
|----------------------------|--|
| Time | Fitness Class |
| Monday | |
| 12.30 - 1.20pm | LES MILLS BODYPUMP EXPRESS |
| 5.30 - 6.00pm | CORE ATTACK |
| 6.00 - 6.50pm | LES MILLS BODYATTACK |
| 7.15 - 8.10pm | LES MILLS BODYPUMP EXPRESS |
| Tuesday | |
| 6.00 - 7.00pm | LES MILLS BODYCOMBAT |
| 7.10 - 7.40pm | HIIT TRAINING |
| 8.00 - 8.45pm | LES MILLS BODYPUMP EXPRESS |
| Wednesday | |
| 12.30 - 1.20pm | LES MILLS BODYPUMP |
| 5.30 - 6.00pm | AB-ATTACK |
| 6.00 - 6.50pm | LES MILLS BODYATTACK |
| 7.15 - 8.00pm | LES MILLS BODYPUMP |
| Thursday | |
| 5.40 - 6.10pm | HIIT STRENGTH |
| 6.10 - 7.00pm | KETTLE BELLS |
| 7.00 - 8.00pm COMBO | LES MILLS BODYPUMP CORE ATTACK |
| 8.10 - 9.00pm | LES MILLS BODYCOMBAT |
| Friday | |
| 6.00 - 6.50pm | LES MILLS BODYPUMP EXPRESS |

| STUDIO (2) RPM | |
|------------------|----------------------|
| Time | Fitness Class |
| Monday | |
| 6.00 - 7.00pm | LES MILLS RPM |
| 7.15 - 7.45pm | sprint |
| 8.15 - 8.45pm | sprint |
| Tuesday | |
| 10.00 - 10.30am | sprint |
| 6.00 - 7.00pm | LES MILLS RPM |
| 7.10 - 8.10pm | LES MILLS RPM |
| Wednesday | |
| 6.00 - 7.00pm | LES MILLS RPM |
| 7.15 - 7.45pm | sprint |
| 8.15 - 8.45pm | sprint |
| Thursday | |
| 7.00 - 8.00pm | LES MILLS RPM |
| Friday | |
| 10.00 - 11.00am | LES MILLS RPM |
| 7.10 - 7.40pm | sprint |
| Saturday | |
| 9.30 - 10.30am | LES MILLS RPM |

| STUDIO (3) FUNCTIONAL | |
|-----------------------|----------------------|
| Time | Fitness Class |
| Monday | |
| 6.00 - 6.30pm | HIIT PLYO |
| 7.00 - 7.45pm | BALANCE |
| Wednesday | |
| 6.00 - 6.30pm | HIIT STRENGTH |
| 7.15 - 8.15pm | PILATES |
| Thursday | |
| 6.00 - 7.00pm | BALANCE |
| Saturday | |
| 9.00 - 9.30pm | HIIT TRAINING |

Please Cancel your Class if unable to attend
BOOKING ESSENTIAL - THANK YOU!

WWW.GYM-TECH.ORG.UK
DOWNLOAD FREE BOOKING APP!



Tel: 30250940