

STUDIO (1) GROUP FITNESS

Time	Fitness Class
Monday	
12.30 - 1.20pm	LES MILLS BODYPUMP EXPRESS
5.30 - 6.00pm	AB-ATTACK 30'
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 30'
8.00 - 8.45pm	LES MILLS BODYPUMP EXPRESS
Wednesday	
12.30 - 1.20pm	LES MILLS BODYPUMP
5.30 - 6.00pm	AB-ATTACK 30'
6.00 - 6.30pm	LES MILLS BODYATTACK 30'
6.30 - 7.00pm	HIIT STRENGTH 30'
7.15 - 8.00pm	LES MILLS BODYPUMP
Thursday	
5.40 - 6.10pm	HIIT STRENGTH 30'
6.10 - 7.00pm	KETTLE BELLS
7.00 - 7.50pm	LES MILLS BODYCOMBAT
Friday	
6.00 - 6.50pm	LES MILLS BODYPUMP EXPRESS

STUDIO (2) INDOOR CYCLING

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

Tel: 30250940

WATTBIKE SESSIONS BY APPOINTMENT ONLY

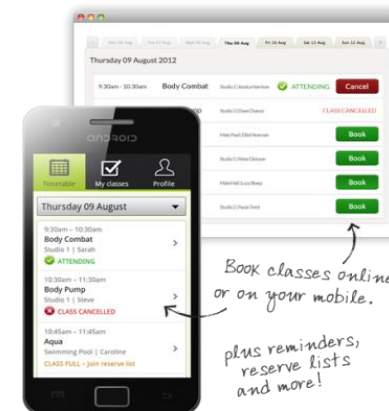
STUDIO (3) FUNCTIONAL

Time	Fitness Class
Monday	
6.00 - 6.30pm	HIIT PLYO 30'
7.10 - 8.00pm	PILATES
Wednesday	
7.15 - 8.15pm	PILATES
Thursday	
6.00 - 7.00pm	BALANCE
Saturday	
9.00 - 9.30am	HIIT TRAINING 30'

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

WWW.GYM-TECH.ORG.UK

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plus reminders, reserve lists and more!



wattbike