

STUDIO (1) GROUP FITNESS		
Time	Fitness Class	
<b>Monday</b>		
12.30 - 1.20pm	LES MILLS BODYPUMP	45'
5.30 - 6.00pm	AB-ATTACK	30'
6.00 - 6.50pm	LES MILLS BODYATTACK	55'
7.15 - 8.10pm	LES MILLS BODYPUMP	45'
<b>Tuesday</b>		
6.00 - 7.00pm	LES MILLS BODYCOMBAT	55'
7.15 - 7.50pm	PUMP HIIT	45'
<b>Wednesday</b>		
12.30 - 1.20pm	LES MILLS BODYPUMP	45'
5.30 - 6.00pm	AB-ATTACK	30'
6.00 - 6.30pm	LES MILLS BODYATTACK	30'
6.40 - 7.10pm	HIIT STRENGTH	30'
7.15 - 8.00pm	LES MILLS BODYPUMP	45'
<b>Thursday</b>		
5.40 - 6.10pm	HIIT MIX UP	30'
6.15 - 7.00pm	LES MILLS BODYPUMP	45'
7.00 - 7.45pm	KETTLE BELLS	45'
<b>Friday</b>		
6.00 - 6.50pm	LES MILLS BODYPUMP	45'

STUDIO (2) INDOOR CYCLING		
Time	Fitness Class	
<b>Monday</b>		
6.00 - 6.50pm	LES MILLS RPM	55'
7.00 - 7.30pm	LES MILLS SPRINT	30'
<b>Tuesday</b>		
10.00 - 10.30am	LES MILLS SPRINT	30'
6.00 - 7.00pm	LES MILLS RPM	55'
7.10 - 8.10pm	LES MILLS SPRINT	30'
<b>Wednesday</b>		
6.00 - 7.00pm	LES MILLS RPM	55'
7.15 - 7.45pm	LES MILLS SPRINT	30'
<b>Thursday</b>		
7.00 - 8.00pm	LES MILLS RPM	55'
<b>Friday</b>		
10.00 - 11.00am	LES MILLS RPM	55'
7.00 - 7.30pm	LES MILLS SPRINT	30'
<b>Saturday</b>		
9.30 - 10.30am	LES MILLS RPM	55'

STUDIO (3) FUNCTIONAL		
Time	Fitness Class	
<b>Monday</b>		
6.00 - 6.30pm	HIIT STRENGTH	30'
7.30 - 8.30pm	PILATES	55'
<b>Wednesday</b>		
7.00 - 8.00pm	PILATES	55'
<b>Thursday</b>		
6.00 - 7.00pm	BALANCE	55'
<b>Saturday</b>		
9.00 - 9.30pm	HIIT TRAINING	30'

Please Cancel your Class if unable to attend  
**BOOKING ESSENTIAL** Thank You!

**4 FULLY EQUIPPED GYMS**  
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Heart Rate Projected on screen during class!

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