

GYM CLASS SCHEDULE

Gateshead club classes

truGym

MON	TUE	WED	THU	FRI	SAT	SUN
GROUP CYCLING 8:45-9:30	GROUP CYCLING 0 6:00-6:45	LEGS BUMS &TUMS 8:45-9:30	GROUP CYCLING 6:00-6:45	HIIT CARDIO 9:00-9:45	GROUP CYCLING 8:45-9:30	RIG FIT 9:50-10:35
HIIT CARDIO 17:00-17:45	BODY WEIGTH HIIT 9:15-10:00	BARBELL WORKOUT 9:35-10:20	GROUP CYCLING 8:45-9:30	GROUP CYCLING 9:35-10:20		
ABS BLAST 17:45-18:15	CIRCUITS 16:55-17:25	BODY BEAT 10:25-11:10	FUNCTIONAL HITT 9:30-10:15	BARBELL WORKOUT 10:25-11:10		
LEGS BUMS &TUMS 19:10-19:55	GROUP CYCLING 17:30-18:15	FULL BODY WORKOUT 17:15-18:00	GROUP CYCLING 17:15-18:00	BODYBLITZ 17:00-17:45		
	HIIT STEP 18:20-19:05	AB-TASTIC 18:05-18:35	BODY WEIGTH HIIT 18:50-19:35	GROUP CYCLING 17:45-18:30		