

TRUGYM WEEKLY CLASSES

MON	TUE	WED	THU	FRI	SAT	SUN
09:00 Circuit Vlad	08:30 TruCombat Charlie	08:30 Strength & Conditioning Lou	08:30 Strength & Conditioning Mike	09:00 Pilates Lou	09:00 Pilates Lou	10:00 Spin* Mike
09:30 Legs Bums & Tums Vlad	09:15 TruPump Lou	09:15 TruPump Lou	13:00 Pilates Lou	10:45 Pilates Lou	10:00 Body Balance Lou	11:00 Yoga Katie
10:30 ELEV8 Freddie	17:30 TruPump Charlie	10:00 Pilates Lou	17:30 Upper Body Blitz Vlad	14:00 ELEV8 Freddie		
17:30 Upper Body Blitz Vlad	18:00 TruCombat Charlie	16:00 ELEV8 Freddie	18:00 Booty & Abs Vlad			
18:00 Booty & Abs Vlad		17:30 Upper Body Blitz Mike	18:50 Circuit Vlad			
18:50 Circuit Vlad		18:00 Kettlebell Mike				
19:30 Spin Sandra		18:30 Abs Circuit Mike				

truGym