

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycling 08.45 - 09.30 Paul	Group Cycling 06.00 - 06.45 Paul	Group Cycling 08.00 - 08.45 Martyna	Group Cycling 06.00 - 06.45 Paul	Abs Blast 9.00 - 9.30 Paul	Group Cycling 08.45 - 09.30 Paul	Group Cycling 08.00 - 08.45 Martyna
Full Body Workout 09.35 - 10.20 Martyna	Barbell Workout 09.00 - 09.40 Sam	Legs Bums Tums 08.45 - 09.30 Leighton	Group Cycling 09.00 - 09.30 Sam	Group Cycling 9.35 - 10.20 Paul	Circuits 09.40 - 10.25 Paul	HIIT 08.50 - 09.30 Martyna
Yoga 10.30 - 11.15 Lucy	Spin 09.45 - 10.15 Sam	Abs Blast 09.35 - 10.05 Sam	Functional HIIT 09.35 - 10.20 Leighton	Circuits 17.30 - 18.15 Graz		
Group Cycling 17.15 - 18.00 Martyna	Circuits 17.30 - 18.15 Lori	Full Body Workout 17.15 - 18.00 Martyna	HIIT 17.45 - 18.30 Lori	Group Cycling 18.20 - 19.05 Martyna		
Body Conditioning 18.00 - 18.45 Graz	Legs Bums N Tums 18.15 - 19.00 Lori	Group Cycling 18.05 - 18.50 Paul	Kettlercise 18.35 - 19.20 Lori			
Box Fit 19.00 - 20.00 Graz		Boxercise 19.00 - 20.00 Graz				

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