

FITNESS TIMETABLE

From 17th May - 21st June



MONDAY

All In Fitness
Spin with Foggy
Yoga
Spin with Adam

9:30am - 10:15am
10:15am - 11am
11am - 12pm
6:30pm - 7:15pm

TUESDAY

Spin with Foggy
Spin with Bren
Circuits

6:30am - 7:15am
6:30pm - 7:15pm
7:15pm - 8pm

WEDNESDAY

Spin with Adam
Rehab Pilates
Conditioning/Boxercise
Spin with Billy
Pilates

7am - 7:45am
11am - 12pm
6pm - 6:30pm
6:30pm - 7pm
7pm - 8pm

THURSDAY

Spin with Adam
Spin with Foggy
Big Burn

10am - 10:45am
6:15pm - 7pm
7pm - 8pm

FRIDAY

Spin with Adam

9:30am - 10:15am

SATURDAY

Spin with Bren/Billy
Dynamic Fusion

9:15am - 10am
10am - 10:45am

SUNDAY

Spin with Adam

9:30am - 10:15am