

FERNBROOK CLASS TIMETABLE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LADIES GROUP TRAINING 09:30-10:15	SENIOR WEIGHTS 10:45-11:30	CORE STRENGTH 10:30-11:15	HEALTH CIRCUITS 10:30-11:15	GROUP TRAINING 09:30-10:15	GYM CIRCUIT 09:00-09:45
HEALTH CIRCUITS 11:30-12:15	BEGINNER GROUP TRAINING 12:00-12:45	HEALTH CIRCUITS 11:30-12:15	BEGINNER GROUP TRAINING 12:00-12:45	HEALTH CIRCUITS 10:45-11:30	STUDENT STRENGTH 10:15-11:00
FUNCTIONAL TRAINING 19:15-20:00	GROUP TRAINING 14:30-15:15	HEALTH CIRCUITS 14:30-15:15	PHYSIO 13:00-15:30	BREATHE WELL 11:45-12:30	
		STUDENT STRENGTH 16:00-16:45	STUDENT STRENGTH 16:00-16:45	HEALTH CIRCUITS 14:30-15:15	
		GROUP TRAINING 19:00-19:45	ACTIVE PLAN 17:30-18:30		
			STRENGTH & CONDITIONING 19:00-20:00		

-  Group Training
-  Strength Training
-  GP REFERRAL ONLY
-  Private Hire



FOR MORE INFORMATION ABOUT OUR GP REFERRAL SCHEME OR IF YOU ARE UNSURE WHAT CLASS IS SUITABLE FOR YOU, PLEASE CONTACT LYNSEY PLEDGER:
LYNSEY.PLEDGER@RIVERSMEETGILLINGHAM.ORG

