

GYM STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM STUDIO 06:30-09:15	OPEN GYM STUDIO 06:30-09:15	OPEN GYM STUDIO 06:30-09:15	OPEN GYM STUDIO 06:30-09:15	OPEN GYM STUDIO 06:30-09:15	OPEN GYM STUDIO 07:30-08:45	OPEN GYM STUDIO 07:30-16:00
LADIES GROUP TRAINING 09:30-10:15	SENIOR WEIGHTS 10:45-11:30	LADIES GROUP TRAINING 09:30-10:15	GROUP TRAINING 09:30-10:15	GROUP TRAINING 09:30-10:15	GYM CIRCUIT 09:00-09:45	
HEALTH CIRCUITS 10:30-11:15	BEGINNER GROUP TRAINING 12:00-12:45	CORE STRENGTH 10:30-11:15	HEALTH CIRCUITS 10:30-11:15	HEALTH CIRCUITS 10:45-11:30	CIRCUITS FOR MENTAL WELLBEING 10:15-11:00	
BEGINNER GROUP TRAINING 11:45-12:30	HEALTH CIRCUITS 12:45-13:30	HEALTH CIRCUITS 11:30-12:15	HEALTH CIRCUITS 12:00-12:45	GROUP TRAINING 11:45-12:30	OPEN GYM STUDIO 11:00-16:00	
HEALTH CIRCUITS 12:30-13:15	OPEN GYM STUDIO 13:30-14:30	OPEN GYM STUDIO 12:15-13:00	OPEN GYM STUDIO 13:00-16:45	OPEN GYM STUDIO 12:45-14:15		
HEALTH CIRCUITS 14:00-14:45	GROUP TRAINING 14:30-15:15	HEALTH CIRCUITS 13:00-13:45	PARKINSON CLASS 14:00-15:00	HEALTH CIRCUITS 14:30-15:15		
OPEN GYM STUDIO 15:00-17:45	OPEN GYM STUDIO 15:30-17:00	OPEN GYM STUDIO 13:45-14:30	OPEN GYM STUDIO 15:15-22:00	OPEN GYM STUDIO 15:30-17:45		
MENOPAUSE STRENGTH GROUP 18:00-19:00	HEALTH CIRCUITS 17:00-17:45	HEALTH CIRCUITS 14:30-15:15		GROUP TRAINING 18:00-18:45		
FUNCTIONAL TRAINING 19:15-20:00	MENOPAUSE STRENGTH GROUP 18:00-19:00	OPEN GYM STUDIO 16:00-18:45		OPEN GYM STUDIO 19:00-21:00		
OPEN GYM STUDIO 20:15-22:00	OPEN GYM STUDIO 19:00-22:00	FUNCTIONAL TRAINING 19:00-20:00				
		OPEN GYM STUDIO 20:15-22:00				

- Group Training
- Strength Training
- GP REFERRAL ONLY
- Private Hire
- Open Gym to all customers

THIS GROUP TRAINING IS EVERY OTHER FRIDAY.

CLASS DESCRIPTIONS. SCAN ME!

