



TEMPORARY TIMETABLE

COMMENCING 29TH MARCH UNTIL 11TH APRIL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--------------------------------|--------------------------------|-------------------------------|---|--|--|
| 7AM ZOOM 45 | 6AM Outdoor Session | | 6AM Outdoor Session | 7AM ZOOM 45 | | |
| 9.30AM BOOTCAMP 45 Outdoor session | 9.30AM STRENGTH 60 Zoom | 9.30AM Fighting Fit Zoom | 9.30AM STRENGTH 60 Zoom | 9.30AM BOOTCAMP 45 Outdoor session | 9.30AM BOOTCAMP 45 Outdoor session | 10AM BOOTCAMP 60 Outdoor session |
| 10.45AM BOOTCAMP 45 Outdoor sessions | | | | 10.45AM BOOTCAMP 45 Outdoor session | | |
| 5.45PM BOOTCAMP 45 Outdoor session | | 5:30PM Fighting Fit Zoom | | 5.45PM BOOTCAMP 45 TBC | | |
| | 6:15 PM STRENGTH 60 Zoom | | 6.15PM STRENGTH 60 TBC | | | |
| 6.30PM YOGA –Candy Zoom | | 6.30PM YOGA – CANDY Zoom | | | | |

Pay as you train £6.00 a session.

5 Class Pass £27.50

