

GROUP X

OFF PEAK – GYM – GYM PLUS – CLASSES – COMBAT

	MONDAY 06:00-22:00	TUESDAY 06:00-22:00	WEDNESDAY 06:00-22:00	THURSDAY 06:00-22:00	FRIDAY 06:00-22:00	SATURDAY 08:00-16:00	SUNDAY 08:00-16:00
06:00	HYROX TRAINING 06:10-07:00 - GYM TEAM	IRON (UPPERBODY) 06:10-07:00 - GYM TEAM	SUSPENSION & STRETCH 06:10-07:00 - LEA	IRON (LOWERBODY) 06:10-07:00 - GYM TEAM	BURN 06:10-07:00 - GYM TEAM		
07:00					HYROX TRAINING 07:15-8:00 -LEA		
08:00						VIBE CYCLE 08:45-09:30 - AMY	
09:00	FREESTYLE PUMP 09:30am –10:00 LEA	HYROX TRAINING 09:30-10:15 - LEA	LEGS, BUMS & TUMS 09:30-10:15 - LEA	LADIES THAT LIFT 09:30-10:15 - LEA	SUSPENSION+ 09:30-10:15 - GYM TEAM		BOOTCAMP 09:00-09:45 - GYM TEAM
	SPIN 10:00-10:30 – LEA					IRON 09:30-10:15 - GYM TEAM	KETTLEBELL 09:45-10:30 – GYM STAFF
10:00						LADIES ONLY KICKBOXING 10:15-11:00	HYROX TRAINING 10:30-11:15-GYM STAFF
11:00						HYROX TRAINING 10:30-11:15-GYM STAFF	
12:00							
13:00							
14:00							
15:00							
16:00							
17:00	VIBE CYCLE & ABS 17:45-18:30 - AMY	TABATA & CORE 17:30-17:55 - LEA	CIRCUITS 17:30-18:15-LUCY	TABATA & CORE 17:30-17:55 – GYM STAFF	VIBE CYCLE 17:30-18:15 - CARLEY		
18:00	HIIT BOX 18:45-19:30LUCY/ARMIN	IRON (UPPERBODY) 18:00-18:45 – GYM STAFF	VIBE CYCLE 17:45-18:30-AMY	IRON (LOWERBODY) 18:00-18:45 – GYM STAFF	KETTLEBELL 18:15-19:00 – GYM STAFF		
			KETTLEBELL 18:15-19:00-GYMSTAFF				
19:00			HYROX TRAINING 19:00-19:45-GYM STAFF				
20:00							
21:00							

CLASSES KEY	WEIGHT TRAINING
GROUP CYCLE	HYROX TRAINING
LOW IMPACT	HIGH INTENSE/ ENERGETIC

Book your classes by downloading the mobile app "yourapp plus". If you can't make your class, please respect your fellow members by cancelling your space with more than 2 hours notice. Failure to cancel and no shows will result in a strike. We operate a three strike system. Ask at reception for more details, or call on 01438 727833.



COMBAT CLASSES

COMBAT & KIDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	06:00-22:00	06:00-22:00	06:00-22:00	06:00-22:00	06:00-22:00	08:00-16:00	08:00-16:00	
06:00	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	
07:00								
08:00								
09:00								
10:00	Group X Class 09:30-10:30		Group X Class 09:30-10:30	Open Mat		LADIES ONLY KICKBOXING 10:15-11:00	Open Mat	
11:00	Open Mat	Open Mat	Open Mat		Open Mat	Open Mat		Open Mat
12:00								
13:00								
14:00								
15:00								
16:00	KIDS BOXING (10-14) 17:30-18:30	KIDS K1CKBOXING (5-7) 17:00-17:45	KIDS BOXING (10-14) 17:30-18:30	KIDS K1CKBOXING (5-7) 17:00-17:45	KIDS MIXED SPARRING 17:30-18:30 (invite only)	CLOSED	CLOSED	
17:00		KIDS K1CKBOXING (8-14) 17:45-18:45		KIDS K1CKBOXING (8-14) 17:45-18:45				
18:00	ADULTS MUAY THAI 18:45-20:00	ADULTS MUAY THAI 18:45-20:00	ADULTS MIXED SPARRING 19:00-20:30 Medical BOXERS, MUAY THAI (invite only)	ADULTS MUAY THAI 18:45-20:00				
19:00	ADULTS BOXING 20:00-21:15	ADULTS BOXING 20:00-21:15	Ultra White Collar Boxing 20:30-21:30	ADULTS BOXING 20:00-21:15	Ultra White Collar Boxing 20:00-21:00	CLOSED	CLOSED	
20:00								
21:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			

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