

24/7 GYM **TIMETABLE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	05:30 - 06:15 STRENGTH & CONDITIONING STUDIO		05:30 - 06:15 HIIT SESSION STUDIO				
						08:00 - 08:45 FIGHTERS ONLY S & C STUDIO	
	09:15 - 10:00 STRENGTH & CONDITIONING STUDIO		09:15 - 10:00 HIIT SESSION STUDIO		09:15 - 10:00 STRENGTH & CONDITIONING STUDIO	09:00 - 09:45 STRENGTH & CONDITIONING STUDIO	
PM							
	17:30 - 18:15 STRENGTH & CONDITIONING STUDIO		17:30 - 18:15 HIIT SESSION STUDIO				

We would love to hear what classes you all would like to see, If you have any suggestions or recommendations please speak with our incredible admin team at reception.