

	7-7.30am	8.30-9am	9-9.30am	9.30-10am	10-10.30am
MON Chest Arms & Abs	HIIT			Boxing Fit	Amazing Abs
TUE Butt Legs & Abs	HIIT			Spinning	HIIT
WED Back Arms & Abs	Kettlebells			Be X Fit	Boxing Fit
THU Shoulders Arms Abs	X-Fit			Spinning	HIIT
FRI Full Body	HIIT			HIIT	Be X Fit
SAT Full Body			X-Fit	Boxing Fit	Amazing Abs
SUN Full Body		Spinning	HIIT	Amazing Abs	

5.30-6pm	6-6.45pm	6.45-7.30pm	7.30-8pm
Boxing Fit	HIIT	Be X Fit	
Kettlebell	Bootcamp	Spinning	Amazing Abs
HIIT	Spinning	Boxing Fit	
Spinning	Bootcamp	Spinning	Amazing Abs
	HIIT		

	6.45-7.30am	8-8.30am	9-9.30am	10-10.30am	11-11.30am	12-12.45pm
MON	Annihilator	Annihilator	Chaos Theory	Mepsting	Annihilator	Chaos Theory
TUE	Calibrator	Calibrator	Chillanator	Recuperator	Chaos Theory	Annihilator
WED	Chaos Theory	Annihilator	Chaos Theory	Mepsting	Annihilator	Chaos Theory
THU	Chillanator	Calibrator	Chillanator	Recuperator	Chaos Theory	Annihilator
FRI	Mepsting	Annihilator	Chaos Theory	Mepsting	Annihilator	Chaos Theory
SAT		Calibrator	Chaos Theory	Recuperator	Annihilator	Annihilator
SUN		Annihilator	Chillanator	Mepsting	Chaos Theory	Chaos Theory

15-15.30pm	16-16.30pm	17-17.30pm	18-18.30pm	19-19.30pm	20-20.30pm
Annihilator	Recuperator	D-Zone	Annihilator	Mepsting	Annihilator
Mepanator	Mepanator	D-Zone	Calibrator	Mepanator	Calibrator
Annihilator	Recuperator	D-Zone	Annihilator	Mepsting	Chaos Theory
Mepanator	Mepanator	D-Zone	Calibrator	Mepanator	Chillanator
Annihilator	Recuperator	D-Zone	Annihilator	Mepsting	Mepanator
Mepanator	Recuperator	D-Zone	Calibrator	D-Zone	
Mepanator	Mepanator	D-Zone	Annihilator	D-Zone	

PLATOON TIMETABLE

	6:45-7:30am	8-9am	10-11am
MON	Platoon		
TUE			
WED	Platoon		
THU			
FRI	Platoon		
SAT		Platoon	
SUN			Platoon

	7-8pm	8-9pm
		Platoon
	Platoon	

*Monthly paying class at £50 per 4 weeks. Please ask at reception for details. Guaranteed results - we monitor your progress with additional services such as our Whatsapp community group. All measurements taken at beginning and end of 4 weeks. We are a goal focused service that will support you every step of the way