

	7-7.30am	8.30-9am	9-9.30am	9.30-10am	10-10.30am
MON Chest Arms & Abs	HIIT Kyle			RDX Box Fit Kyle	Bootcamp Kyle
TUE Butt Legs & Abs	HIIT Adam			Spinning Adam	HIIT Adam
WED Back Arms & Abs	MYZONE Spin Jordan			HIIT Jordan	MyZone X Jordan
THU Shoulders Arms Abs	MyZone X Adam			Spinning Adam	HIIT Adam
FRI Full Body	HIIT Kyle			HIIT Kyle	MyZone X Kyle
SAT Full Body			MyZone X Adam	RDX Box Fit Kyle	LBT Kyle
SUN Full Body		Spinning Kyle	HIIT Jordan	MyZone X Jordan	

5.30-6pm	6-6.45pm	6.45-7.30pm	7.30-8pm
Spinning Kyle	HIIT Carlton	MyZone X Kyle	LBT Carlton
HIIT Amy	Spinning Kyle	Bootcamp Amy	RDX Box Fit Kyle
RDX Box Fit Carlton	Spinning Carlton	MyZone X Lauren	LBT Lauren
HIIT Carlton	Bootcamp Kyle	MyZone X Kyle	RDX Box Fit Carlton
	HIIT Carlton		



	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	
	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