

# Small Group Exercise Timetable

Key
Strength
Conditioning
Wellbeing

MONDAY			
Time	Duration	Class	Area
06.30	45mins	Gravity Tens	Gravity Cube
09.00	30mins	TRX Blast	TRX Cube
09.30	30mins	Low Impact Circuits	TRX Cube
12.30	30mins	Hyper Viper	TRX Cube
13.45	45mins	Boot Camp	TRX Cube
18.30	30mins	TRX Blast	TRX Cube
19.00	30mins	Blitzball	Combat Cube
19.30	45mins	Box FIT	Combat Cube

TUESDAY			
Time	Duration	Class	Area
09.30	30mins	Hyper Viper	TRX Cube
10.00	30mins	TRX Blast	TRX Cube
10.15	30mins	Core Conditioning	Stretch Cube
12.30	30mins	Low Impact Circuits	TRX Cube
13.00	45mins	Kettlebells	Combat Cube
19.00	30mins	Metabolic Blast	TRX Cube
19.30	30mins	TRX Blast	TRX Cube
20.00	30mins	Gravity HIIT	Gravity Cube

WEDNESDAY			
Time	Duration	Class	Area
07.00	30mins	TRX Blast	TRX Cube
10.00	30mins	TRX Blast	TRX Cube
13.00	30mins	Circuits	TRX Cube
13.45	45mins	Boot Camp	Combat Cube
17.00	30mins	TRX Blast	TRX Cube
17.30	30mins	Core Conditioning	Stretch Cube
19.00	30mins	Blitzball	Combat Cube

THURSDAY			
Time	Duration	Class	Area
06.30	30mins	Metabolic Blast	TRX Cube
09.30	30mins	TRX Blast	TRX Cube
10.00	30mins	Blitzball	Combat Cube
13.30	30mins	TRX Blast	TRX Cube
18.30	30mins	TRX Blast	TRX Cube
19.00	30mins	Core Conditioning	Stretch Cube
19.30	45mins	Kettlebells	Combat Cube

FRIDAY			
Time	Duration	Class	Area
06.30	45mins	Get a G-Rip	Gravity Cube
10.30	30mins	Blitzball	Combat Cube
11.00	30mins	TRX Blast	TRX Cube
12.30	30mins	Metabolic Blast	TRX Cube
18.00	30mins	TRX Blast	TRX Cube
18.30	30mins	Gravity HIIT	Gravity Cube

SATURDAY			
Time	Duration	Class	Area
08.15	45mins	Kettlebells	Combat Cube
09.00	30mins	Metabolic Blast	TRX Cube
09.30	30mins	TRX Blast	TRX Cube
10.30	30mins	TRX Blast	TRX Cube
11.00	30mins	Blitzball	Combat Cube

SUNDAY			
Time	Duration	Class	Area
09.00	45mins	Box FIT	Combat Cube
09.30	30mins	Core Conditioning	Stretch Cube
10.00	30mins	TRX Blast	TRX Cube

All classes are bookable online

- Classes can be booked up to 6 days in advance.
- Classes must be cancelled within 1 hour of the start time. Non-attendance will incur a £5 charge.