

Timetable starts July 7th

Fitness Success – Group Training Timetable

Mon	Tue	Wed	Thur	Fri	Sat
6AM GENERAL GROUP TRAINING		6AM GENERAL GROUP TRAINING		6AM GENERAL GROUP TRAINING	6.15 am RUNNING GROUP
	7.30AM GENERAL GROUP TRAINING		7.30AM GENERAL GROUP TRAINING		8.30AM PERSONAL BEST GROUP
9AM GENERAL GROUP TRAINING	9.30AM GENERAL GROUP TRAINING	10AM PERSONAL BEST GROUP	10:30AM OVER 50'S GROUP	10AM GENERAL GROUP TRAINING	8.30AM SPIN
					9.30AM GENERAL GROUP TRAINING
	4.30PM GENERAL GROUP TRAINING		5PM GENERAL GROUP TRAINING		
6PM CARDIO BOXING	6PM GENERAL GROUP TRAINING				
7PM CARDIO BOXING	7PM SPIN	7pm GENERAL GROUP TRAINING	7PM Mostly WEIGHTS		
8PM GENERAL GROUP TRAINING	8PM KETTLE BELLS 30 MIN	8PM GENERAL GROUP TRAINING			

All group sessions run for 1 hour.

[Book for the new Kettle Bell Class](#)

[Now](#)