

BANK - MARCH

	T	A	D	MONDAY	T	A	D	TUESDAY	T	A	D	WEDNESDAY	T	A	D	THURSDAY	T	A	D	FRIDAY
6:30AM	M	2	45	KETTLEBELLS	M	1	30	METCON												
7:00AM	M	1	30	METCON	M	S	45	BIKE & BEATS	M	S	45	BIKE & BEATS	M	1	45	DRILL SERGEANT	M	1	45	RIPPED & STRIPPED
7:00AM	M	F	45	FRAME FITNESS	M	1	30	HARDCORE	M	2	45	KETTLEBELLS CIRCUIT	M	S	45	BIKE & BEATS 7:15AM	M	S	45	BIKE & BEATS 7:15AM
7:15AM	M	S	45	BIKE & BEATS	M	2	45	HATHA YOGA	M	B	45	GYMBOXING	M	F	45	FRAME FITNESS	M	B	45	GYMBOXING
7:15AM	M	1	45	RIPPED & STRIPPED 7:30AM	M	F	45	FRAME FITNESS	M	F	45	TRX	M	2	45	ROCKET YOGA 7:30AM	M	F	45	FRAME FITNESS
7:30AM	M	2	45	ASHTANGA YOGA	M	1	30	BADASS	M	1	30	METCON 7:45AM								
LUNCH																				
12:00PM	M	1	30	HIIT THE DECK	M	2	30	METCON	M	S	45	BIKE & BEATS	M	S	45	BIKE & BEATS	M	2	45	KETTLEBELLS
12:00PM	M	2	45	KETTLEBELLS	M	1	45	THIGH HIGH	M	2	45	KETTLEBELLS	M	F	45	BATTLEBELLS 12:15PM				
12:15PM	M	S	45	BIKE & BEATS	M	B	60	GYMBOXING	M	B	45	MUAY THAI	M	1	30	METCON				
12:15PM	M	F	45	DRILL SERGEANT	M	F	45	FRAME FITNESS	M	F	45	CAVEMAN	M	B	45	GYMBOXING 12:30PM	M	1	30	HARDCORE 12:30PM
12:30PM	M	1	30	METCON	M	2	45	PADDLEBOARD YOGA					M	2	45	PILATES	M	B	45	MUAY THAI
12:45PM	M	2	30	HARDCORE	M	1	45	RIPPED & STRIPPED	M	1	30	HARDCORE	M	1	30	BADASS				
1:00PM	M	B	45	COUNTERPUNCH	M	S	45	CONNECT	M	B	45	COUNTERPUNCH					M	S	45	CYCLE CONNECT
1:00PM	M	S	45	BIKE & BEATS	M	F	45	TRX					M	F	45	BARTENDAZ	M	F	45	FRAME FITNESS
1:00PM	M	1	45	THIGH HIGH					M	2	45	YOGA FOR LIFTING	M	2	45	VINYASA FLOW YOGA 1:15 PM	M	2	45	ASHTANGA YOGA
1:15PM	M	2	45	PILATES	M	2	45	VINYASA FLOW YOGA	M	1	45	DRILL SERGEANT	M	1	45	RIPPED & STRIPPED	M	1	30	METCON
EVENING																				
5:30PM	M	1	45	RIPPED & STRIPPED	M	1	45	WHIPLASH	M	S	45	BIKE & BEATS								
5:30PM	M	S	45	BIKE & BEATS	M	F	45	ROWINGWOD	M	1	45	GAINS	M	1	45	RIPPED & STRIPPED	M	F	45	BARTENDAZ
5:45PM	M	2	45	BARREBELLS	M	S	45	CYCLE CONNECT	M	2	45	BALLET BARRE 5:30PM				M	1	45	HIIT THE DECK	
6:00PM	M	F	45	TRX	M	2	45	COMMERCIAL DANCE					M	B	60	GYMBOXING	M	2	60	VINYASA FLOW YOGA
6:00PM	M	B	60	GYMBOXING	M	B	60	GYMBOXING	M	B	60	MUAY THAI BEGINNERS	M	2	45	BUDOKON YOGA				
6:15PM	M	1	45	BUTI YOGA	M	1	45	POUND	M	1	30	BADASS								
6:15PM									M	F	45	FRAME FITNESS	M	S	45	BIKE & BEATS				
6:15PM	M	S	45	CYCLE CONNECT 6:30PM	M	F	45	FRAME FITNESS 6:30PM	M	2	45	CHAKRALISE	M	1	30	METCON				
6:30PM	M	2	45	KETTLEBELLS	M	2	30	METCON 6:45PM	M	S	45	CYCLE CONNECT	M	F	45	TRX				
6:45PM	M	F	45	BARTENDAZ	M	S	45	BIKE & BEATS	M	1	30	HIIT THE DECK	M	1	30	HARDCORE				
7:00PM	M	1	45	DRILL SERGEANT	M	B	60	GYMBOXING SPARRING	M	2	45	FLOORWORK	M	2	45	KETTLEBELLS				
7:00PM	M	B	60	MUAY THAI	M	1	45	MAT BEATS	M	B	60	MUAY THAI	M	B	60	MUAY THAI				
7:15PM	M	2	45	YIN YOGA	M	2	45	KETTLEBELLS CIRCUIT	M	1	15	KRAV MAGA (WARM UP) 7:30PM	M	1	60	POLE TRICKS				
8:00PM	M	1	60	POLE TRICKS					M	2	75	KRAV MAGA 7:45PM	M	B	60	MUAY THAI SPARRING				
8:00PM	M	B	60	MUAY THAI SPARRING																



SWEAT DRENCH
LOOK BETTER NAKED
HOLISTIC RETREAT
SCHOOL OF DANCE
FUNCTIONAL TRAINING
CYCLE CLUB
COMBAT SPORTS

- KEY CODE**
- M = MEMBERS ONLY
 - O = OPEN CLASS
 - P = PAY CLASS
 - T = TYPE OF CLASS
 - A = AREA/STUDIO
 - D = DURATION
 - ★ = FEATURE CLASS
 - 🔴 = AMENDMENT

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Any suggestions/feedback please contact Michael - Michaels@gymbox.co.uk