



New Timetable Starting Monday 14th January 2018

Day	Time	Class	
Monday			
	12:30pm – 1:15pm	Spin & Pump	£5
	6:00pm - 6:45pm	Stokers Spin	£5
	6:15pm - 6:45pm	RT24 Shred (COURSE)	£60
	7:00pm - 8:00pm	Bootcamp	£5
Tuesday			
	6:30am - 7:00am	RT24 Shred (COURSE)	£60
	6:20pm – 6:50pm	HIT	£5
	7:00pm – 7:45pm	Bars & Bells (NEW)	£5
Wednesday			
	9:30am-10:00am	Morning Spin	£5
	1:00pm – 1:30pm	6 Week Bootcamp (COURSE)	£30
	6:30pm-7:15pm	Spin	£5
	7.30pm – 8:30pm	Boot Camp	£5
Thursday			
	6:30am - 7:00am	RT24 Shred (COURSE)	£60
	9.30am-10:00am	Spin (NEW)	£5
	6:00pm – 6:45pm	Core Kids (11-15) (COURSE)	£26
	7:00pm – 7:45pm	Bars & Bells S&C	£6
	8:00pm – 9:00pm	Pilates (COURSE)	£50
Friday			
	12:30pm-1:00pm	Body Assault (NEW)	£5
	6:00pm-6:45pm	Spin	£5
	6:15pm - 6:45pm	RT24 Shred (6 WEEK COURSE)	£60
Saturday			
	7:00am – 8:00am	Early Boot Camp	£6
	8:00am – 9:00am	Boot Camp	£6

All Classes are bookable on our Free Glofox app.