



Group Exercise Timetable 10th Jan 2022 -Ifield

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17:50 - 18:20 Spin Express with Caz	18:30-19:15 PUMP with Fitness Team	18:00-18:30 Spin Express with Caz	18:30-19:00 Kettlebell Express with Fitness Team	18:00-18:30 Death Row with Fitness Team	9:15 - 9:45 Circuits with Fitness Team
18:30-19:15 Total Body Workout with Connor	19:25 - 19:55 Spin Express with Fitness Team	18:30-19:00 FIGHT with Roberto			
		19:00-19:30 TRX Express with Roberto			

