

# 2017 CLASS TIMETABLE

**TRAIN. EAT. SLEEP. REPEAT.**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
07:00 - 07:30 <b>Circuits</b>	07:00 - 07:15 <b>Abs Workout</b>	07:00 - 07:30 <b>Circuits</b>	07:00 - 07:15 <b>Abs Workout</b>		09:00 - 09:45 <b>Indoor Cycling</b>	
12:15 - 13:00 <b>Boxercise</b>	12:15 - 13:00 <b>Indoor Cycling</b>	12:15 - 13:00 <b>Boxercise</b>	12:15 - 13:00 <b>Indoor Cycling</b>		09:45 - 10:30 <b>Circuits</b>	
17:15 - 18:00 <b>Indoor Cycling</b>	17:15 - 18:00 <b>Boxercise</b>	17:15 - 17:30 <b>HIIT</b>	17:15 - 17:30 <b>HIIT</b>			
18:10 - 18:55 <b>Boxercise</b>	18:10 - 18:55 <b>Indoor Cycling</b>	18:10 - 18:55 <b>Indoor Cycling</b>	18:10 - 18:55 <b>Boxercise</b>			
19:05 - 19:20 <b>HIIT</b>	19:05 - 19:20 <b>HIIT</b>	19:05 - 19:50 <b>Boxercise</b>	19:05 - 19:50 <b>Indoor Cycling</b>			
20:00 - 20:45 <b>Indoor Cycling</b>						



## **Virtual classes available on demand**

Real footage workouts so you can build your own cycle programme - no matter what your fitness level

**THE  
GYM  
IPSWICH**