



THE BODY BARN
EBRINGTON

WINTER TIMETABLE

| 5:45AM - 9PM | 5:45M - 9PM | 5:45AM - 8PM | 5:45AM - 8PM | 5:45AM - 4PM | 7:30AM - 12PM |
|---------------------|------------------|---------------------------|--------------------------|--------------------------------------|----------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 6:30AM - 7AM ZOO | | 6:30AM - 7AM THE GRIND | | 6:20AM - 7AM JUMP START | |
| | 9:15AM LBT | | 9:15AM CORE CONDITION | 9:00AM STRENGTH & CONDITIONING | 8:30AM BODY BLAST |
| | | | 10:15AM YOGA: IGNITE | 10.15AM PILATES | |
| 18:00 SPINBEATS | 16:30 SENIORS | 18:15 FUEL | 18:15 LIFT ZONE | | |
| 19:00 PILATES | 18:15 THE WOD | 19:15 YOGA: EXHALE | 19:15 BODY SCULPT | | |

ALL CLASSES £9. PILATES & YOGA ARE £12. TO BOOK, DOWNLOAD THE GLOFOX APP.

WE RUN A 2 HOUR CANCELLATION POLICY.

INFO@BODYBARNEBRINGTON.CO.UK