



# 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.

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