



CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM SPIN		6:30 HIIT STEP	6:30AM HIIT		
		9:15 BODYTONE	9:15 BOX2BURN	9:15 METAFIT	
1PM MUMAFIT				10:30 PILATES	
6PM SPIN	4:30 SENIORS	6PM BODYFIT			
7PM PILATES	6:30PM XTRAIN	7PM THAI-BOX	6:15 CIRCUITS		

ALL CLASSES £8. PILATES- £10. TO BOOK, DOWNLOAD THE GLOFOX APP.
WE RUN A 2 HOUR CANCELLATION POLICY.