

Derriant 24:7 Gym
AIRPORT WEST

GROUP FITNESS TIMETABLE

GYM FLOOR							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM							
8:00 AM						BOXING	
10:00 AM							
7:30 PM	BOXING		BOXING				

*TIMETABLE SUBJECT TO CHANGE. CLASSES WILL NOT RUN WITH 4 PEOPLE OR LESS. MINIMUM AGE OF ENTRY IS 14 YEARS OLD. CHILDREN FROM THE AGES OF 14-16 MUST BE SUPERVISED BY AN ADULT. PLEASE ALSO NOTE ENTRY INTO A CLASS CAN BE REFUSED AT THE INSTRUCTORS DISCRETION FOR ALL LATE COMERS WHO HAVE MISSED WARM UP.

SCAN CODE TO VIEW
 CLASS DESCRIPTIONS ▶

