

Derriant 24:7 Gym
BRAYBROOK

GROUP FITNESS TIMETABLE

MAIN ROOM							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM							
8:30 AM		YOGA RAMONCITO				LES MILLS BODYCOMBAT LINCOLN	
9:30 AM	CIRCUIT MEL			HIIT MEL	LES MILLS BODYPUMP JASON		
10:00 AM						LES MILLS BODYPUMP JACK	
10:15 AM							
10:30 AM					LES MILLS BODYSTEP JASON		
11:30 AM							

5:00 PM	ZUMBA KHAY						YOGA RAMONCITO
5:30 PM		ZUMBA AMY					
6:00 PM	LES MILLS BODYSTEP CAROL						
6:30 PM		LES MILLS BODYPUMP CAROL	ZUMBA AMY	LES MILLS BODYATTACK MINH	ZUMBA SARAH		
7:00 PM	YOGA JENNIFER						
7:30 PM		BOXFIT ROMAIN	BODYFIT ROMAIN				
8:00 PM				KUNG FU BEGINNERS RHYS			

GYM FLOOR							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM							
9:30 AM							

*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

