

Derwent 24:7 Gym

MELTON

GROUP FITNESS TIMETABLE

MAIN ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM							
7:00 AM							
8:30 AM						LES MILLS BODYPUMP KAINE	
9:30 AM	THT KRYSTLE		STRENGTH & CONDITIONING KRYSTLE	HIIT STRENGTH KRYSTLE		SPIN KAINE	LES MILLS BODYCOMBAT CHELSEA
10:00 AM						ZUMBA TAMARA	

5:00 PM			ZUMBA TAMARA				
5:30 PM	STRENGTH & CONDITIONING OSAS	STRENGTH CIRCUIT OSAS					
6:00 PM			LES MILLS BODYPUMP KAINE				
6:30 PM	LES MILLS BODYPUMP BRON			EXTREME HIP-HOP BIG C			
6:45 PM							
7:00 PM			SPIN KANE				
7:30 PM	ZUMBA CHERIE			EXTREME HIP-HOP BIG C			
8:00 PM							

GYM FLOOR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM							
9:30 AM							
10:15 AM							
6:00 PM					BOXFIT OSAS		
7:00 PM		BOXFIT OSAS					

*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 ▶

