

GROUP EXERCISE TIMETABLE

Week 2: 13/07/20 - 19/07/20

Day	Time	Session	Instructor	Non Member Price
Monday	18.30 - 18.55	Ab Attack (Core)	Matt	Gym members only
	19:00 - 19:25	Body Blast (HIIT)	Matt	Gym members only
	19.30 - 19.55	Ring Fit (Boxing Fitness)	Matt	Gym members only
Tuesday	18.30 - 18.55	Core Crunch (Core)	Matt	Gym members only
	19:00 - 19:25	Boot Camp (Functional)	Matt	Gym members only
	19.30 - 19.55	Circuits (Muscular Endurance)	Matt	Gym members only
Wednesday	18.30 - 18.55	Ab Attack (Core)	Matt	Gym members only
	19:00 - 19:25	Legs, Bums & Tums	Jenny	Gym members only
	19.30 - 19.55	Legs, Bums & Tums	Jenny	Gym members only
Thursday	18.30 - 18.55	Ab Attack (Core)	Matt	Gym members only
	19:00 - 19:25	Body Blast (HIIT)	Matt	Gym members only
	19.30 - 19.55	Ring Fit (Boxing Fitness)	Matt	Gym members only

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Week 2 Information:

- Classes are currently only available to members of The Gym on the Park.
- Gym members are required to book onto classes via telephone (using the number above) between 10:00am and 1:00pm on the day of the class they wish to attend.
- Classes have limited numbers. Spaces are allocated on a first come first served basis.
- Gym members are currently limited to booking only one class per day.
- Some classes will make use of equipment. All equipment used is cleaned before use.
- All classes will take place outside, and so please be prepared for poor weather and the potential for classes to be cancelled as a result of extreme weather.
- Toilets will only be available in an emergency and so all attendees are encouraged to use the toilet before they attend a class.

Our timetable is subject to change weekly and we will announce our timetable for each week every Monday morning on our Facebook page.

Please do not attend any of our classes if you are showing any symptoms of Coronavirus or have been in close contact with anyone that has (please visit the NHS website for more information if you are unsure).



Please be mindful of social distancing at all times.



Please be kind to our staff. This is new for all of us 😊