

CLASS TIMETABLE

5:45AM - 9PM	5:45M - 9PM	5:45AM - 8PM	5:45AM - 8PM	5:45AM - 4PM	7:30AM - 12PM
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30AM - 7AM HELLS BELLS	6:30AM - 7AM THE BURNOUT	6:20AM - 7AM BODY BLITZ		
		9:15AM BODYTONE	9:15AM CORE CONDITION	9:10AM METAFIT	8:45AM SPINFIT
			10:15AM YOGAFLOW	10.00AM PILATES	
18:00 SPINBEATS	16:30 SENIORS	18:00 FULL THROTTLE	18:15 LIFT ZONE		
19:00 PILATES	18:30 FUNCTIONAL FIT	19:00 YOGAFLOW	19:00 PILATES		

ALL CLASSES £9. PILATES & YOGA ARE £12. TO BOOK, DOWNLOAD THE GLOFOX APP.

WE RUN A 2 HOUR CANCELLATION POLICY.

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