

ONE

GYM



CLASS TIMETABLE AUGUST 2024

Monday

18.00 - 18.45

CYCLE MAX

19.00 - 19.45

BODY ONE

TUESDAY

18.00 - 18.45

PUSH

19:00 - 19.45

BOLT

WEDNESDAY

18.00 - 18.45

CYCLE MAX

19.00 - 19.45

BODY ONE

THURSDAY

18:00 - 18:45

PUSH

19.00 - 19.45

BOLT

FRIDAY

18:00 - 18.45

SOLID

SATURDAY

10:00 - 10:45

CYCLE MAX

