

# Group Session Timetable

Book online - [www.keptfit.co.uk](http://www.keptfit.co.uk)

Or Call - 01204 308250

Please note the Gym is open for you to use freely throughout the day from  
6.30am to 9pm Monday to Friday, 10am to 2pm Saturday and 11am to 2pm Sunday

All Group Training is free to full members and £7 to non members. Club sessions are available to non members For £5

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
06:30	OPEN	OPEN	OPEN	OPEN	OPEN		
6:35 AM	Lean 6.35 - 7.20am	Power 6.35 - 7.20am	Strength 6.35 - 7.20am	Energy 6.35 - 7.20am	Sability 6.35 - 7.20am		
7:20 AM							
7:30 AM	T T Blitz 7.30-8 AM	T T BLITZ 7.30-8 AM	T T BLITZ 7.30-8 AM				
8:00 AM							
8:30 AM							
9:00 AM			INTRO 9 - 9.30am				
9:30 AM	Energy 9.30 - 10.30am		Power 9.30 - 10.30am		Lean/Stability 9.30 - 10.30am		Running Club
10:00 AM							
10:30 AM	Bump to Beauty 10.30 - 11.15am			Bump to Beauty 10.30 - 11.15am			9.30am-11am
11:00AM						Energy 10.30 - 11.30am	
11:00 AM							
11:30 AM						INTRO 11.30 - 12pm	
12:00 PM	Strength 12 - 1pm		Lean 12 - 1pm		Power 12 - 1pm		
12:30 PM							
1:00 PM							
1:30 AM						Last entry =1:30	
2:00 PM						CLOSE	
3:00 PM							
4:00 PM							
4:30 AM							
5:00 PM	12-16yr Conditioning Club 5 - 6pm			U16 Boot camp 5 - 6pm			
5:30 AM			Power 5.30 - 6.30pm		Energy 5.30 - 6.30pm		
6:00 PM	Endurance/Tri Club 6 - 7pm	Pilates 6 - 7pm	Club Session 6.30 - 7.30pm	Lean 6 - 7pm	T T BLITZ 6.30 - 7pm		
6:30 PM							
7:00 PM	INTRO 7 - 7.30pm	Strength 7 - 8pm	Running Clubs 6 - 8pm	T T BLITZ 7 - 7.30pm			
7:30 PM	T T Blitz 7.30 - 8pm		Stability 7.30 - 8.30pm	Strength 7 - 8pm			
8:00 PM	HIIT 8pm - 9pm	Club session 8pm - 9pm			Strength & Conditioning 8 - 9pm		
8:30 AM							
9:00 PM	Last entry = 8.30pm						
	CLOSE						