

Group Session Timetable from Sept 3rd

Book online - 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	Strength 6.35 - 7.30am	Stability 6.35 - 7.30am	Lean 6.35 - 7.30am	Energy 6.35 - 7.30am	Power 6.35 - 7.30am		
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	INTRO 8 - 8.30am		INTRO 8 - 8.30am				
8:30 AM							
9:00 AM							
9:30 AM	Energy 9.30 - 10.30am		Power 9.30 - 10.30am		Strength 9.30 - 10.30am		Running Club 9.30am-11am
10:00 AM							
10:30 AM	Bump to Beauty 10.30 - 11.15am			Bump to Beauty 10.30 - 11.15am		Boot Camp 10.30 - 11.30am	
11:00 AM							
11:30 AM							
12:00 PM	Lean 12 - 1pm		Energy 12 - 1pm		Stability 12 - 1pm		
12:30 PM							
1:00 PM							
1:30 PM						Last entry =1:30	
2:00 PM						CLOSE	
3:00 PM							
4:00 PM							
4:30 PM							
5:00 PM	U16yr Conditioning Club 5 - 6pm		U16yr Conditioning Club 5 - 6pm	U12 Multi Skills 5 - 6pm			
5:30 PM					Lean 5.30 - 6.30pm		
6:00 PM	Endurance 6 - 7pm	Pilates 6 - 7pm	Energy 6 - 7pm	Power 6 - 7pm	T T BLITZ 6.30 - 7pm		
6:30 PM							
7:00 PM	T T Blitz Happy Hour 7 - 8pm	Strength 7 - 8pm	Running Clubs 6 - 8pm	T T BLITZ 7 - 7.30pm	Strength & Conditioning 7 - 8pm		
7:30 PM			Stability & Club Session 7.30 - 8.30pm	Energy 7.30 - 8.30pm			
8:00 PM	INTRO 8 - 8.30pm						
8:30 PM	12 Weeks Blitz	12 Weeks Blitz	12 Weeks Blitz	12 Weeks Blitz	12 Weeks Blitz		
9:00 PM	Last entry = 8.30pm						
	CLOSE						