

# Group Session Timetable - August 2020

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

Via app+ OR Call - 01204 308250

Due to the Governments Guidelines on Covid 19 the gym is open for you to train on your own at designated time slots through out the day. However, we now require you to pre book your training spot at least 2 hours before hand and there will be no 'open gym' whilst classes are being taken. You are able to book your slot to train on your own from 12.30 - 4.30pm Monday to Friday, 11.45am to 2pm Saturday. Sunday will be on a booking only basis - 24hours notice is required to use the gym between 11.30am -2pm.

**No entry will be allowed without a pre booked slot at any time for either clases or open training.**

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
06:30							
6:35 AM	STABILITY 6.30 - 7.15am	ENERGY 6.30 - 7.15am	STRENGTH 6.30 - 7.15am	POWER 6.30 - 7.15am	LEAN 6.30 - 7.15am		
7:15 AM							
7:30 AM	ENERGY 7.30 - 8.30am BODY WEIGHT GYM & ONLINE	STRENGTH 7.30 - 8.30am BODY WEIGHT GYM & ONLINE	POWER 7.30 - 8.30am BODY WEIGHT GYM & ONLINE	LEAN 7.30 - 8.30am BODY WEIGHT GYM & ONLINE	STABILITY 7.30 - 8.30am BODY WEIGHT GYM & ONLINE		
8:30 AM							
	←		BOOKINGS ONLY OPEN GYM		→		
9:30 AM	STRENGTH 9.30-10.15am	POWER 9.30-10.15am	LEAN 9.30-10.15am	STABILITY 9.30-10.15am	ENERGY 9.30-10.15am	YOGA 9 - 10 am GYM + ON LINE	
10:15 AM							Running Club 9.30 - 11am
10:30 AM 11:00 AM	KIDS BOOT CAMP 10.30 - 12.30	KIDS BOOT CAMP 10.30 - 12.30	KIDS BOOT CAMP 10.30 - 12.30	KIDS BOOT CAMP 10.30 - 12.30	KIDS BOOT CAMP 10.30 - 12.30	BOOTCAMP 10.30-11.30am	
12:00 PM						INTRO & BOOKINGS ONLY 11.45 -2pm	BOOKINGS ONLY 11.30 - 2pm (24hrs notice reqd)
12:30 PM 1:00 PM 1:30 AM							
	←		BOOKINGS ONLY OPEN GYM		→		
2:00 PM 4:00 PM 4:30 AM						CLOSE	CLOSE
5:00 PM							
5:15 PM		INTRO/TECH 5 - 5.30pm		INTRO/TECH 5.00 - 5.30pm	INTRO/TECH 5.00 - 5.30pm		
5:30 PM	POWER 5.30 - 6.15pm	LEAN 5.30 - 6.15pm	STABILITY 5.30 - 6.15pm <b>5k Run club</b>	ENERGY 5.30 - 6.15pm	STRENGTH 5.30 - 6.15pm		
6:15 PM			10k Run Club 6.30 - 7.30pm				
6:30 PM	LEAN 6.30 - 7.30pm BODY WEIGHT GYM+ONLINE	PILATES 6.30 - 7.30pm GYM+ONLINE	ENERGY 6.30 - 7.30pm BODY WEIGHT GYM+ONLINE	STRENGTH 6.30 - 7.30pm BODY WEIGHT GYM+ONLINE	POWER 6.30 - 7.30pm BODY WEIGHT GYM+ONLINE		
7:30 PM							
8:00 PM							
			CLOSE				