

Group Session Timetable - MAY 2021

Book online - www.keptfit.co.uk OR Via app+

Due to Covid 19 Lockdown requirements from 17th May to 21st June we will be operating Indoor Classes and Open Gym sessions.
Please book onto the Classes and Open Gym sessions as usual through the App+ or Website

| | Mon | Tues | Wed | Thur | Fri | Sat | Sun | | | | | |
|------------------------------|---|-----------------------------|-----------------------------|-----------------------------|--|-----------------------------|-----------------------------|-----------------------------|-------------------------------------|----------------------------|---------------------------------------|--|
| 6:45 AM | POWER 6.45 - 8.00am | OPEN GYM 6:45 - 8.00AM | LEAN 6.45 - 8.00am | OPEN GYM 6:45 - 8.00AM | ENERGY 6.45 - 8.00am | OPEN GYM 6:45 - 8.00AM | STABILITY 6.45 - 8.00am | OPEN GYM 6:45 - 8.00AM | STRENGTH 6.45 - 8.00am | OPEN GYM 6:45 - 8.00AM | | |
| 8:00 AM | OPEN GYM 8.00 - 9.00am | | OPEN GYM 8.00 - 9.00am | | OPEN GYM 8.00 - 9.00am | | OPEN GYM 8.00 - 9.00am | | OPEN GYM 8.00 - 9.00am | | | |
| 9:00 AM | OPEN GYM 8.00 - 9.00am | | OPEN GYM 8.00 - 9.00am | | OPEN GYM 8.00 - 9.00am | | OPEN GYM 8.00 - 9.00am | | OPEN GYM 8.00 - 9.00am | | | |
| 10:00AM | OPEN GYM 9.00 - 10.00am | LEAN 9.00 - 10.00am | OPEN GYM 9.00 - 10.00am | OPEN GYM 9.00 - 10.00am | STABILITY 9.00 - 10.00am | OPEN GYM 9.00 - 10.00AM | OPEN GYM 9.00 - 10.00am | OPEN GYM 9.00 - 10.00am | YOGA 9.00 - 10.00am | | 10k RUNNING CLUB 9.30 - 11am | |
| 11:00AM | OPEN GYM 10.00 - 11.00am | | OPEN GYM 10.00 - 11.00am | | OPEN GYM 10.00 - 11.00am | | OPEN GYM 10.00 - 11.00am | | OPEN GYM 10.00 - 11.00am | | BOOTCAMP 10.15 - 11.15am | |
| 12:00AM | BEGINNERS / FREESTYLE 11.30 - 12.30pm | OPEN GYM 11.00 - 12.00AM | OPEN GYM 11.00 - 12.00am | OPEN GYM 11.00 - 12.00am | OPEN GYM 11.00 - 12.00am | OPEN GYM 11.00 - 12.00am | OPEN GYM 11.00 - 12.00am | OPEN GYM 11.00 - 12.00am | OPEN GYM 11.00 - 12.00am | OPEN GYM 11.30 - 12.3pm | | |
| 5:00 PM | OPEN GYM 5.00 - 6.00pm | | LEAN 5.30 - 6.30pm | | OPEN GYM 5.00 - 6.00pm | | OPEN GYM 4.30 - 5.30pm | | OPEN GYM 5.00 - 6.00pm | | | |
| 6:00 PM | POWER 6.00 - 7.00pm | OPEN GYM 6:00 - 7.00pm | PILATES 6.30 - 7.30pm | OPEN GYM 6:30 - 7.30pm | ENERGY 6.00 - 7.00pm | OPEN GYM 6:00 - 7.00pm | STABILITY 5.30 - 6.30pm | OPEN GYM 5.30 - 6.30pm | STRENGTH 6.00 - 7.00pm | | | |
| 7:00 PM | TIMBER 7.00 - 8.00pm | OPEN GYM 7:00 - 8.00pm | OPEN GYM 7.30 - 9.00pm | | BEGINNERS / FREESTYLE 7.00 - 8.00pm | OPEN GYM 7:00 - 8.00pm | COMING SOON | | TIMBER 7.00 - 8.00pm | OPEN GYM 7:00 - 8.00pm | | |
| 8:00 PM | MET CON 8.00 - 9.00pm | OPEN GYM 8:00 - 9.00pm | OPEN GYM 7.30 - 9.00pm | | WOBBLE LEGS WEDNESDAY 8.00 - 9.00pm | OPEN GYM 8:00 - 9.00pm | COMING SOON | | FIT BODY FRIDAY 8.00 - 9.00pm | OPEN GYM 8:00 - 9.00pm | | |
| Last entry = 8.00pm CLOSE | | | | | | | | | | | | |