

Group Session Timetable

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

Due to Covid 19 Lockdown guidelines from 1st August 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	HiIT 8.00 - 8.30am	OPEN GYM 8.00 - 9.00am	STRENGTH 8.30 - 9.30AM	OPEN GYM 8.00 - 9.00am	HiIT 8.00 - 8.30am	OPEN GYM 8.00 - 9.00am			
9:00 AM	OPEN GYM 9.00 - 10.00am		LEAN 9.00 - 10.00am	OPEN GYM 9.00 - 10.00am	OPEN GYM 9.00 - 10.00am		ENERGY 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
10:00AM	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	
11:00AM	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 11:30 - 12.30pm	
12:00AM												
5:00 PM	OPEN GYM 5.00 - 6.00pm		LEAN 5.00 - 5.55pm	OPEN GYM 5.00 - 6.00pm	RUNNING CLUB 5.00 - 6.00pm	OPEN GYM 4.30 - 6.00pm		OPEN GYM 5.00 - 6.00pm				
6:00 PM	POWER 6.00 - 7.00pm	OPEN GYM 6:00 - 7.00pm	PILATES 6.00 - 7.00pm		ENERGY 6.00 - 7.00pm	OPEN GYM 6:00 - 7.00pm	STABILITY 5.00 - 6.00pm		STRENGTH 6.00 - 7.00pm			
7:00 PM	TIMBER 7.00 - 8.00pm	OPEN GYM 7:00 - 8.00pm	STRENGTH 7.00 - 8.00pm		BEGINNERS / FREESTYLE 7.00 - 8.00pm	OPEN GYM 7:00 - 8.00pm	LIFTING CLUB 6.00pm - 7.30pm		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 8.00 - 9.00pm		WOBBLE LEGS WEDNESDAY 8.00 - 9.00pm	OPEN GYM 8:00 - 9.00pm					FIT BODY FRIDAY 8.00 - 9.00pm	OPEN GYM 8:00 - 9.00pm
Last entry = 8.00pm												
CLOSE												