

# Group Session Timetable - JULY 2022

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

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 7:00 - 8.00AM	STRENGTH 6.45 - 8.00am	OPEN GYM 7:00 - 8.00AM	ENERGY 6.45 - 8.00am	OPEN GYM 7:00 - 8.00AM	STABILITY 6.45 - 8.00am	OPEN GYM 7:00 - 8.00AM				
8:00 AM	OPEN GYM 8.00 - 9.00am		HIIT 8.00 - 8.30am	OPEN GYM 8.00 - 9.00am	HIIT 8.00 - 8.30am	OPEN GYM 8.00 - 9.00am	OPEN GYM 8.00 - 9.00am					
8:30 AM	OPEN GYM 8.00 - 9.00am		OPEN GYM 8.30 - 9.00am	OPEN GYM 8.00 - 9.00am	OPEN GYM 8.30 - 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 8.30 - 9.00am	OPEN GYM 8.00 - 9.00am	OPEN GYM 8.30 - 9.00am	OPEN GYM 8.00 - 9.00am	OPEN GYM 8.00 - 9.00am					
10:00AM	MET CON MONDAY 9.00 - 10.00am	OPEN GYM 9.00 - 10.00am	ENERGY 9.00 - 10.00am	OPEN GYM 9.00 - 10.00am	STRENGTH 8.30 - 9.30am	OPEN GYM 9.00 - 10.00am	POWER 9.00 - 10.00am	OPEN GYM 9.00 - 10.00am	FIT BODY FRIDAY 9.00 - 10.00am	OPEN GYM 7.00 - 8.00AM	YOGA NO OPEN GYM 9.00 - 10.00am	10k RUNNING CLUB 9.30 - 11am MEMBER ORGANISED
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 & OPEN GYM 10.15 - 11.15am			
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 11.00-12.00pm			
12:30AM	OPEN GYM 12.00 - 12.30pm		OPEN GYM 12.00 - 12.30pm		OPEN GYM 12.00 - 12.30pm		OPEN GYM 12.00 - 12.30pm		OPEN GYM 12.00 - 12.30pm		Last entry 11am	
CLOSED												
4:00PM	OPEN GYM 4.00 - 5.00pm											
4:30PM	OPEN GYM 4.00 - 5.00pm											
5:00 PM	U14 Gym CLUB 5.00 - 6.00pm	OPEN GYM 5.00 - 6.00pm	SPRINT / Run TECH. 5.00 - 6.00pm	OPEN GYM 5.00 - 6.00pm	U14 Gym CLUB 5.00 - 6.00pm	OPEN GYM 5.00 - 6.00pm	LEAN 5.00 - 6.00pm	OPEN GYM 5:00 - 6:00pm	OPEN GYM 5.00 - 6.00pm			
6:00 PM	ENERGY 6.00 - 7.00pm	OPEN GYM 6:00 - 7:00pm	PILATES NO OPEN GYM 6.00 - 7.00pm		STRENGTH 6.00 - 7.00pm	OPEN GYM 6:00 - 7:00pm	Lifters club 6.00 - 7.30pm	OPEN GYM 6:00 - 7:00pm	FITBODY FRIDAY 6.00 - 7.00pm	OPEN GYM 6:00 - 7:00pm	OPEN GYM 6.00 - 7.00pm	
7:00 PM	TIMBER 7.00 - 8.00pm	OPEN GYM 7:00 - 8:00pm	POWER 7.00 - 8.00pm	OPEN GYM 7:00 - 8:00pm	BEGINNERS / FREESTYLE 7.00 - 8.00pm	OPEN GYM 7:00 - 8:00pm	Lifters club 6.00 - 7.30pm	OPEN GYM 7:00 - 8:00pm	ENERGY 7.00 - 8.00pm	OPEN GYM 7:00 - 8:00pm	OPEN GYM 7.00 - 8.00pm	
8:00 PM	MET CON MONDAY 8.00 - 9.00pm	OPEN GYM 8:00 - 9:00pm	COACHES CHOICE HIIT 8.00 - 9.00pm	OPEN GYM 8:00 - 9:00pm	WOBBLE LEGS WEDNESDAY 8.00 - 9.00pm	OPEN GYM 8:00 - 9:00pm	STABILITY 8.00 - 9.00pm	OPEN GYM 8:00 - 9:00pm	TIMBER 8.00 - 9.00pm	OPEN GYM 8:00 - 9:00pm	OPEN GYM 8.00 - 9.00pm	
Last entry = 8.00pm CLOSE												