

# GROUP X

OFF PEAK – GYM – GYM PLUS – CLASSES – COMBAT

	MONDAY 06:00-22:00	TUESDAY 06:00-22:00	WEDNESDAY 06:00-22:00	THURSDAY 06:00-22:00	FRIDAY 06:00-22:00	SATURDAY 08:00-16:00	SUNDAY 08:00-16:00
06:00	HYROX 06:10-07:00 - GYM TEAM	IRON (UPPERBODY) 06:10-07:00 - GYM TEAM	HIIT BOX 06:10-07:00 - LEA	IRON (LOWERBODY) 06:10-07:00 - GYM TEAM	BURN 06:10-07:00 - GYM TEAM		
07:00					HYROX 07:15-08:00 - LEA		
08:00						VIBE CYCLE 08:45-09:30 - AMY	
09:00	FREESTYLE PUMP 09:15-09:45 – LEA	HIIT BOX 09:30-10:15 - LEA	LEGS, BUMS & TUMS 09:30-10:15 - LEA	LADIES THAT LIFT 09:30-10:15 - LEA	SUSPENSION+ 09:30-10:15 - GYM TEAM		BOOTCAMP 09:00-09:45 - GYM TEAM
	SPIN 09:45-10:15 – LEA					IRON 09:30-10:15 - GYM TEAM	HYROX 09:45-10:30 – GYM TEAM
10:00						LADIES ONLY KICKBOXING 10:15-11:00	
11:00						HYROX 10:30-11:15 – GYM TEAM	
12:00							
13:00							
14:00							
15:00							
16:00							
17:00	VIBE CYCLE & ABS 17:45-18:30 - AMY	TABATA & CORE 17:30-17:55 - LEA	KETTLEBELL CIRCUITS 17:45-18:30 - GYM TEAM	TABATA 17:30-17:55 – GYM STAFF	VIBE CYCLE 17:30-18:15 - CARLEY		
18:00	KETTLEBELL 18:30-19:15 – GYM TEAM	IRON (upperbody) 18:00-18:45 – GYM STAFF	VIBE CYCLE 17:45-18:30 - AMY	IRON (LOWERBODY) 18:00-18:45 – GYM STAFF	KETTLEBELL 18:15-19:00 – GYM TEAM		
			HYROX 18:30-19:15 – GYM TEAM				
19:00							
20:00							
21:00							

CLASSES KEY	
HYROX	WEIGHT TRAINING
GROUP CYCLE	LADIES ONLY
LOW IMPACT	HIGH INTENSITY/ ENERGETIC

Book your classes by downloading the mobile app "yourapp plus". If you can't make your class, please respect your fellow members by cancelling your space with more than 2 hours notice. Failure to cancel and no shows will result in a strike. We operate a three strike system. Ask at reception for more details, or call on 01438 727833.



# COMBAT CLASSES

## COMBAT & KIDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00-22:00	06:00-22:00	06:00-22:00	06:00-22:00	06:00-22:00	08:00-16:00	08:00-16:00

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat
07:00							
08:00							
09:00							
10:00	Group X Class 09:30-10:30	Group X Class 09:30-10:30	Group X Class 09:30-10:30	Open Mat	Open Mat	LADIES ONLY KICKBOXING 10:15-11:00	Open Mat
11:00	Open Mat	Open Mat	Open Mat				
12:00							
13:00							
14:00							
15:00	Open Mat	Open Mat	Open Mat	Open Mat	Open Mat	CLOSED	CLOSED
16:00							
17:00							
18:00							
18:00	KIDS BOXING (10-14) 17:30-18:30	KIDS K1CKBOXING (5-7) 17:00-17:45	KIDS BOXING (10-14) 17:30-18:30	KIDS K1CKBOXING (5-7) 17:00-17:45	KIDS MIXED SPARRING 17:30-18:30 (invite only)	CLOSED	CLOSED
19:00	ADULTS MUAY THAI 18:45-20:00	ADULTS MUAY THAI 18:45-20:00	ADULTS MIXED SPARRING 19:00-20:30 (invite only)	ADULTS MUAY THAI 18:45-20:00	Ultra White Collar Boxing 20:00-21:00		
20:00	ADULTS BOXING 20:00-21:15	ADULTS BOXING 20:00-21:15	Ultra White Collar Boxing 20:30-21:30	ADULTS BOXING 20:00-21:15			
21:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		

CLASSES KEY	
ADULTS K1 KICKBOXING	PRIVATE HIRE
ADULTS BOXING	ADULTS SPARRING
KIDS CLASSES	FITNESS CLASS

Open mat times specify when the room is available for public use and is unavailable whilst any of the combat classes are in session. STRICTLY NO SPARRING! Sparring sessions must be supervised by one of the Renegade Coaches. Indoor boxing boots or bare foot only on the mats. Unavailable for public use after 30-minutes before the gym closes. No advanced booking required for combat classes. Prior to attending your first session, please contact the gym team at reception by calling 01438 727833 for more information.

