

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	BURN 06:10-07:00 - Gym Team	STRONG 06:10-07:00 - Gym Team	POWER 06:10-07:00 - Gym Team	STRONG 06:10-07:00 - Gym Team	BURN 06:10-07:00 - Gym Team		
07:00							
08:00						VIBE CYCLE 08:30-09:00 - Amy	
09:00	FREESTYLE PUMP 09:30-10:15 - Lea	HIIT BOX 09:30-10:15 - Lea	LEGS, BUMS & TUMS 09:30-10:15 - Lea	STRONG 09:30-10:30 - Gym Team	BURN 09:30-10:30 - Gym Team	VIBE CYCLE 09:00-09:30 - Amy	BOOTCAMP 09:00-10:00 - Gym Team
						SUSPENSION+ 09:30-10:30 - Gym Team	
10:00							
11:00							
12:00	SUSPENSION+ 12:15-13:00 - Gym Team				FREESTYLE PUMP 12:15-13:00 - Lea		
13:00							
14:00							
15:00							
16:00							
17:00	VIBE CYCLE 17:45-18:30 - Amy		BOOTCAMP 17:30-18:30 - Gym Team		VIBE CYCLE 17:30-18:15 - Carley		
18:00		IRON 18:00-18:45 – Gym Staff		SUSPENSION+ 18:00-18:45 – Gym Staff			
	HIIT BOX 18:45-19:45 - Lea	VIBE CYCLE 18:45-19:30 - Amy					
19:00							
20:00							
21:00							

CLASSES KEY	
GROUP CYCLE	WEIGHT TRAINING
LOW IMPACT	HIGH INTENSE/ 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	Group X Class 12:15-13:00	Open Mat	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	Open Mat	Open Mat		
16:00									
17:00									
18:00									
17:00	KIDS BOXING (8-14) 17:30-18:30	KIDS K1CKBOXING (5-7) 17:00-17:45	KIDS BOXING (8-14) 17:30-18:30	KIDS K1CKBOXING (5-7) 17:00-17:45	KIDS MIXED SPARRING 17:30-18:30 (invite only)	Open Mat	Open Mat		
18:00		KIDS K1CKBOXING (8-14) 17:45-18:45		KIDS K1CKBOXING (8-14) 17:45-18:45				KIDS MIXED SPARRING 18:30-19:30 (invite only)	
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	ADULTS MIXED SPARRING 18:30-19:30 (invite only)			Open Mat	Open Mat
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	Ultra White Collar Boxing 20:00-21:00				
21:00									

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 on the mats only. 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.

