

# Gym Floor Fast Class Timetable

## Monday

06:15 Sunrise Pure Abs	09:30 Express Upper Body & Abs	12:30 Express Circuits	18:15 Express HIIT
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## Tuesday

06:30 Sunrise Express HIIT	09:30 Express Circuits	10:15 Express Pure Abs	18:15 Express Core Conditioning
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## Wednesday

06:30 Sunrise Express Circuits	09:30 Express Strength	12:30 Begin to Lift	18:15 Express Strength
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## Thursday

06:15 Sunrise Express Circuits	09:30 Express HIIT	10:15 Express Pure Abs	18:15 Express Bells and Bars
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## Friday

06:30 Sunrise Express Strength	09:30 Express Lower Body & Abs	12:30 TRX & Kettlebells	18:15 Express Pure Abs
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## Saturday

08:30 Sunrise Express Strength	10:15 Express Abs	12:00 Junior Circuits
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## Sunday

08:30 Sunrise Core conditioning	09:30 Express Abs	12:00 Express Circuits
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### How to book:

 **Achieve Lifestyle App**

 **01784 333111**

 **Visit our website**



Swipe through Reception no earlier than 20 minutes before a class. Please be aware of our cancellation policy and Junior membership entitlements. Please check our website or App for any timetable updates.