

**Egham Orbit - Gym Closure
Classes**

**Monday 30th
September to
Sunday 6th
October**

Location: Meadow Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30-7.00				Express Circuits			
6.45-7.15			Express Circuits				
7.00-7.30					Express Strength		
7.45-8.15					Express Lower Body & Abs		
8.00-8.30		Express HIIT	Express HIIT				
8.45-9.00		Express Pure Abs					
9.30-10.00		Express Circuits	Express Strength	Express Strength	Express Circuits		
10.15-10.30				Express Pure Abs			
10.30-11.15					Healthy Hearts		
12.15-12.45		Express Strength		Express HIIT	Express HIIT		
12.30-13.00	Express Circuits						
16.30-17.00	Express Juniors						
17.30-18.00	Express Upper Body & Abs						
18.15-18.45	Express HIIT						

Egham Orbit - Gym Closure

Classes

Location: Meadow Room

Monday 7th September to

Sunday 13th October

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30-7.00				Express Circuits			
8.00-8.30		Express HIIT		Express Strength			
8.45-9.00		Express Pure Abs					
9.30-10.00		Express Circuits			Express Circuits		
10.15-10.30					Express Pure Abs		
10.30-11.15					Healthy Hearts		
12.15-12.45				Express HIIT	Express HIIT		
12.30-13.00	Express Circuits	Express Strength	Express Lower Body & Abs				
15.30-16.00					Express Circuits		
16.00-16.30			Express Juniors				
16.30-17.00	Express Juniors				Express Juniors		
17.15-17.45			Express Circuits				
17.30-18.00	Express Upper Body & Abs						
18.15-18.45	Express HIIT						
19.15-19.45			Express Strength				