

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 Conditioning with Weights	09:30 Express Strength	12:30 Begin to Lift	18:15 Express Circuits
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Thursday

06:30 Express Circuits	09:30 Express Strength	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	18:15 Express Pure Abs
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Saturday

08:30 Express Strength	09:30-09:45 Express Abs
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Sunday

08:30 Sunrise Cardio and more	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.

