

Class Time-table

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 - 6.30 AM	RELENTLESS*		RELENTLESS*		RELENTLESS*		
6.30 - 7.00 AM	RELENTLESS*	RELENTLESS*	RELENTLESS*	RELENTLESS*	RELENTLESS*		
7.00 - 7.30 AM							
7.30 - 8.00 AM							
8.00 - 8.30 AM							
8.30 - 9.00 AM							
9.00 - 9.30 AM							
9.30 - 10.00 AM		CIRCUITS		CIRCUITS	BOXING	CIRCUITS	
10.00 - 10.30 AM							
10.30 - 11.00 AM							
11.00 - 11.30 AM							
11.30 - 12.00 AM							
12.00 - 1.30PM							
1.30 - 2.00 PM	CIRCUITS		CIRCUITS		CIRCUITS		
2.00 - 2.30 PM							
2.30 - 3.00 PM							
3.00 - 3.30 PM							
3.30 - 4.00 PM							
4.00 - 4.30 PM							
4.30 - 5.00 PM							
5.00 - 5.30 PM							
5.30 - 6.00 PM	RELENTLESS*	RELENTLESS*	RELENTLESS*	RELENTLESS*			
6.00 - 6.30 PM							
6.30 - 7.00 PM	BOXING / CASTLE GROUNDS	CIRCUITS	H.I.R.T. / CASTLE GROUNDS	BOXING	CIRCUITS		
7.00 - 7.30 PM							
7.30 - 8.00 PM	BOXING	CIRCUITS		CIRCUITS			
8.00 - 8.30 PM							

*Please note our Relentless classes are 30 minute sessions

Outdoor classes are located at Ankerside car park with an arrival time of 6:20PM - for directions please contact reception.

Book your classes online today at www.fitnessjunction.co.uk