



United Group Exercise Timetable.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30							
10:00							CIRCUIT TRAINING (45 Mins)
17:30	Express Pump (30 Mins)		Express Pump (30 Mins)				LEGEND
18:00	Group Cycling (45 Mins)	CIRCUIT TRAINING (45 Mins)	Group Cycling (45 Mins)				FREE TO MEMBERS
18:00				Kettlebells (45 Mins)	CIRCUIT TRAINING (45 Mins)		MEMBERS £3:50
18:30		PILATES (45 Mins)		Group Cycling (45 Mins)			
19:30							

* During School Holidays we will run a reduced timetable

* Please support cover instructors classes