

Group Exercise Timetable 6th September 2021 -Ifield

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18:15-19:00 Total Body Workout with Connor	18:30-19:15 PUMP with Fitness Team	18:00-18:30 Spin Express with Caz	18:15-19:00 Bootcamp with Fitness Team	18:00-18:30 24 with Fitness Team	9:15 - 9:45 Circuits with Fitness Team
		18:40-19:25 Kettlebells with Roberto			

