

# Fitness Timetable

## The Gym Ipswich

Accurate as of 02/05/2024

### Times for Thursday 22 March



| Time          | Session        | Facility |
|---------------|----------------|----------|
| 07:00 - 07:30 | Abs            | Gym      |
| 09:30 - 10:15 | Boxercise      | Gym      |
| 12:15 - 13:00 | Indoor Cycling | Gym      |
| 17:15 - 17:30 | H.I.T Training | Gym      |
| 18:10 - 18:55 | Boxercise      | Gym      |
| 19:05 - 19:50 | Indoor Cycling | Gym      |