


# Fitness Timetable

## The Gym Ipswich

Accurate as of 07/05/2024

Times for Sunday 22 July			
Time	Session	Facility	
09:30 - 10:15	Virtual Cycling	Gym	
12:15 - 13:00	Virtual Cycling	Gym	
17:15 - 18:00	Virtual Cycling	Gym	