# Fitness Timetable

## The Gym Ipswich

**Accurate as of 05/05/2024**

### Times for Monday 23 July

| Time | Session | Facility |
|---|---|---|
| 07:00 - 07:30 | Circuit Training | Gym |
| 09:30 - 10:15 | Virtual Cycling | Gym |
| 12:15 - 13:00 | Boxercise | Gym |
| 17:15 - 18:00 | Indoor Cycling | Gym |
| 18:15 - 18:55 | Boxercise | Gym |
| 19:05 - 19:20 | H.I.T Training | Gym |