Fitness Timetable The Gym Ipswich

Accurate as of 15/05/2024

| Times for Sunday 24 February | | |
|------------------------------|-----------------|----------|
| Time | Session | Facility |
| 09:30 - 10:15 | Virtual Cycling | Gym |
| 12:15 - 13:00 | Virtual Cycling | Gym |
| 17:15 - 18:00 | Virtual Cycling | Gym |