

Fitness Timetable

The Gym Ipswich

Accurate as of 30/04/2024

Times for Friday 19 April



| Time | Session | Facility |
|---------------|-----------------|----------|
| 09:30 - 10:15 | Virtual Cycling | Gym |
| 12:15 - 13:00 | Virtual Cycling | Gym |
| 17:15 - 18:00 | Virtual Cycling | Gym |