Fitness Timetable The Gym Ipswich

Accurate as of 12/05/2024

Times for Monday 24 June			©
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	