

# Fitness Timetable

## The Gym Ipswich

Accurate as of 26/04/2024

### Times for Monday 1 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      |