

# Fitness Timetable

## The Gym Ipswich

Accurate as of 17/05/2025

### Times for Wednesday 21 August



| 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 - 17:30 | H.I.T Training   | Gym      |
| 18:10 - 18:55 | Indoor Cycling   | Gym      |
| 19:05 - 19:50 | Boxercise        | Gym      |