## Fitness Timetable The Gym Ipswich

## Accurate as of 15/05/2024

| Times for Saturday 21 December |                  |          | • |
|--------------------------------|------------------|----------|---|
| Time                           | Session          | Facility |   |
| 09:00 - 09:45                  | Indoor Cycling   | Gym      |   |
| 09:45 - 10:30                  | Circuit Training | Gym      |   |