

# Fitness Timetable

## The Gym Ipswich

Accurate as of 30/04/2024

Times for Sunday 22 December



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