Fitness Timetable

The Gym Ipswich

Accurate as of 14/05/2024

Times for Monday 20 January

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