## **Fitness Timetable The Gym Ipswich**

Accurate as of 14/05/2024

Times for Wednesday 22 January			<b>©</b>
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	