Fitness Timetable

The Gym Ipswich

Accurate as of 12/10/2024

Times for Thursday 30 January

Time	Session	Facility
07:00 - 07:30	Abs	Gym
09:30 - 10:15	Boxercise	Gym
12:15 - 13:00	Indoor Cycling	Gym
17:15 - 17:30	H.I.T Training	Gym
18:10 - 18:55	Boxercise	Gym
19:05 - 19:50	Indoor Cycling	Gym