


Fitness Timetable

The Gym Ipswich

Accurate as of 11/05/2024

| Times for Sunday 5 April | | |  |
|--------------------------|-----------------|----------|---|
| Time | Session | Facility | |
| 09:30 - 10:15 | Virtual Cycling | Gym | |
| 12:15 - 13:00 | Virtual Cycling | Gym | |
| 17:15 - 18:00 | Virtual Cycling | Gym | |