## **Fitness Timetable The Gym Ipswich**

## Accurate as of 03/05/2024

| Times for Monday 1 June |                  |          | <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 - 18:00           | Indoor Cycling   | Gym      |            |
| 18:15 - 18:55           | Boxercise        | Gym      |            |
| 19:05 - 19:20           | H.I.T Training   | Gym      |            |