


# Fitness Timetable

## The Gym Ipswich

Accurate as of 07/05/2024

Times for Thursday 4 June			
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	