

Fitness Timetable

The Gym Ipswich

Accurate as of 17/05/2025

Times for Tuesday 29 September



Time	Session	Facility
07:00 - 07:30	Abs	Gym
09:30 - 10:15	Indoor Cycling	Gym
12:15 - 13:00	Indoor Cycling	Gym
17:15 - 18:00	Boxercise	Gym
18:10 - 18:55	Indoor Cycling	Gym
19:05 - 19:20	H.I.T Training	Gym