

# Fitness Timetable

## The Gym Ipswich

Accurate as of 07/05/2024

### Times for Wednesday 7 October



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 - 17:30	H.I.T Training	Gym
18:10 - 18:55	Indoor Cycling	Gym
19:05 - 19:50	Boxercise	Gym