

# BANK - JANUARY

	T	A	D	MONDAY	T	A	D	TUESDAY	T	A	D	WEDNESDAY	T	A	D	THURSDAY	T	A	D	FRIDAY	
6:30AM	M	2	45	KETTLEBELLS	M	1	30	METCON													
7:00AM	M	1	30	METCON	M	S	45	BIKE & BEATS	M	S	45	BIKE & BEATS	M	1	45	DRILL SERGEANT	M	1	45	RIPPED & STRIPPED	
7:00AM	M	F	45	FRAME FITNESS	M	1	30	HARDCORE	M	2	45	KETTLEBELLS CIRCUIT	M	S	45	BIKE & BEATS 7:15AM	M	S	45	BIKE & BEATS 7:15AM	
7:15AM	M	S	45	BIKE & BEATS	M	2	45	HATHA YOGA	M	B	45	GYMBOXING	M	F	45	FRAME FITNESS	M	B	45	GYMBOXING	
7:15AM	M	1	45	RIPPED & STRIPPED 7:30AM	M	F	45	FRAME FITNESS	M	F	45	TRX	M	2	45	ROCKET YOGA 7:30AM	M	F	45	FRAME FITNESS	
7:30AM	M	2	45	ASHTANGA YOGA	M	1	30	BADASS	M	1	30	METCON 7:45AM									
<b>LUNCH</b>																					
12:00PM	M	1	30	HIIT THE DECK	M	2	30	METCON	M	S	45	BIKE & BEATS	M	S	45	BIKE & BEATS	M	2	45	KETTLEBELLS	
12:00PM	M	2	45	KETTLEBELLS	M	1	45	THIGH HIGH	M	2	45	KETTLEBELLS	M	F	45	BATTLEBELLS 12:15PM					
12:15PM	M	S	45	BIKE & BEATS	M	B	60	GYMBOXING	M	B	45	MUAY THAI	M	1	30	METCON					
12:15PM	M	F	45	DRILL SERGEANT	M	F	45	FRAME FITNESS	M	F	45	CAVEMAN	M	B	45	GYMBOXING 12:30PM	M	1	30	HARDCORE 12:30PM	
12:30PM	M	1	30	METCON	M	2	45	PADDLEBOARD YOGA					M	2	45	PILATES	M	B	45	MUAY THAI	
12:45PM	M	2	30	HARDCORE	M	1	45	RIPPED & STRIPPED	M	1	30	HARDCORE	M	1	30	BADASS					
1:00PM	M	B	45	COUNTERPUNCH	M	S	45	CONNECT	M	B	45	COUNTERPUNCH					M	S	45	CYCLE CONNECT	
1:00PM	M	S	45	BIKE & BEATS	M	F	45	TRX					M	F	45	BARTENDAZ	M	F	45	FRAME FITNESS	
1:00PM	M	1	45	THIGH HIGH					M	2	45	YOGA FOR LIFTING	M	2	45	VINYASA FLOW YOGA 1:15 PM	M	2	45	ASHTANGA YOGA	
1:15PM	M	2	45	PILATES	M	2	45	VINYASA FLOW YOGA	M	1	45	DRILL SERGEANT	M	1	45	RIPPED & STRIPPED	M	1	30	METCON	
<b>EVENING</b>																					
5:30PM	M	1	45	RIPPED & STRIPPED	M	1	45	WHIPLASH	M	S	45	BIKE & BEATS									
5:30PM	M	S	45	BIKE & BEATS	M	F	45	ROWINGWOD 5:45 PM	M	1	45	GAINS	M	1	45	RIPPED & STRIPPED	M	F	45	BARTENDAZ	
5:45PM	M	2	45	BARREBELLS	M	S	45	CYCLE CONNECT	M	2	45	BALLET BARRE 5:30PM					M	1	45	HIIT THE DECK	
6:00PM	M	F	45	TRX	M	2	45	COMMERCIAL DANCE					M	B	60	GYMBOXING	M	2	45	VINYASA FLOW YOGA	
6:00PM	M	B	60	GYMBOXING	M	B	60	GYMBOXING	M	B	60	MUAY THAI BEGINNERS	M	2	45	BUDOKON YOGA					
6:15PM	M	1	45	BUTI YOGA	M	1	45	POUND	M	1	30	BADASS									
6:15PM									M	F	45	FRAME FITNESS	M	S	45	BIKE & BEATS					
6:15PM	M	S	45	CYCLE CONNECT 6:30PM	M	F	45	FRAME FITNESS 6:30PM	M	2	45	CHAKRALISE	M	1	45	WHIPLASH					
6:30PM	M	2	45	KETTLEBELLS	M	2	30	METCON 6:45PM	M	S	45	CYCLE CONNECT	M	F	45	TRX					
6:45PM	M	F	45	BARTENDAZ	M	S	45	BIKE & BEATS	M	1	45	STEALTH									
7:00PM	M	1	45	DRILL SERGEANT	M	B	60	GYMBOXING SPARRING	M	2	45	FLOORWORK	M	2	45	KETTLEBELLS					
7:00PM	M	B	60	MUAY THAI	M	1	45	MAT BEATS	M	B	60	MUAY THAI	M	B	60	MUAY THAI					
7:15PM	M	2	45	YIN YOGA	M	2	45	KETTLEBELLS CIRCUIT	M	1	15	KRAV MAGA (WARM UP) 7:30PM	M	1	60	POLE TRICKS					
8:00PM	M	1	90	POLE TRICKS					M	2	75	KRAV MAGA 7:45PM	M	B	60	MUAY THAI SPARRING					
8:00PM	M	B	60	MUAY THAI SPARRING																	



- SWEAT DRENCH
- LOOK BETTER NAKED
- HOLISTIC RETREAT
- SCHOOL OF DANCE
- FUNCTIONAL TRAINING
- CYCLE CLUB
- COMBAT SPORTS

- KEY CODE**
- M = MEMBERS ONLY
  - O = OPEN CLASS
  - P = PAY CLASS
  - T = TYPE OF CLASS
  - A = AREA/STUDIO
  - D = DURATION
  - ★ = FEATURE CLASS
  - 🚩 = AMENDMENT

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