

BANK - JULY

	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	5	45	BIKE & BEATS	M	5	46	CONNECT	M	1	45	DRILL SERGEANT 7:00AM	M	1	45	RIPPED & STRIPPED
7:15AM	M	S	44	BIKE & BEATS	M	2	45	HATHA YOGA 7:00AM	M	2	45	KETTLEBELLS CIRCUIT 7:00AM	M	S	45	BIKE & BEATS	M	S	45	BIKE & BEATS
7:30AM	M	F	44	FRAME FITNESS 7:15AM	M	1	30	HARDCORE 7:00AM	M	B	45	GYMBOXING 7:15AM	M	F	45	FRAME FITNESS 7:15AM	M	2	30	METCON 7:15AM
7:45AM	M	1	45	RIPPED & STRIPPED 7:30AM	M	F	45	FRAME FITNESS 7:15AM	M	F	45	TRX 7:15AM	M	2	45	ROCKET YOGA 7:30AM	M	B	45	GYMBOXING 7:15AM
7:45AM	M	2	45	ASHTANGA YOGA 7:30AM	M	1	30	BADASS 7:30AM	M	1	30	METCON 7:45AM								HATHA YOGA 8:00AM
LUNCH																				
12:00PM	M	1	30	HIT 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	B	60	GYMBOXING	M	2	45	KETTLEBELLS	M	F	45	BATTLEBELLS 12:15PM				
12:15PM	M	S	45	BIKE & BEATS	M	1	45	THIGH HIGH	M	1	45	FIGHTKLUB 12:00PM	M	1	30	METCON				
12:30PM	M	F	45	DRILL SERGEANT 12:15PM	M	F	45	FRAME FITNESS 12:15PM	M	F	45	CAVEMAN 12:15PM	M	B	45	GYMBOXING	M	1	30	HARDCORE
12:30PM	M	1	45	FIGHTKLUB	M	2	45	YOGA FOR LIFTING	M	B	45	MUAY THAI	M	2	45	PILATES	M	B	45	MUAY THAI
12:45PM	M	2	30	HARDCORE					M	1	30	HARDCORE	M	1	30	BADASS				
1:00PM	M	B	45	COMBAT CONDITIONING	M	S	45	CONNECT									M	S	45	CONNECT
1:00PM	M	S	45	BIKE & BEATS	M	F	45	GYMNASTICS CONDITIONING					M	2	45	LOADED YOGA	M	F	45	FRAME FITNESS
1:00PM	M	1	45	THIGH HIGH 1:15PM	M	1	45	RIPPED & STRIPPED	M	2	45	BROGA	M	F	45	BARTENDAZ	M	2	45	ASHTANGA YOGA
1:15PM	M	2	45	PILATES	M	2	45	VINYASA FLOW YOGA	M	1	45	ULTIMATE FIT	M	1	45	RIPPED & STRIPPED	M	1	30	METCON
EVENING																				
5:30PM	M	1	45	RIPPED & STRIPPED	M	F	45	★ ROWINGWOD	M	S	45	BIKE & BEATS								
5:30PM	M	S	45	BIKE & BEATS	M	1	45	SWEAT TO THE BEAT	M	1	45	GAINS	M	1	45	RIPPED & STRIPPED	M	F	45	BARTENDAZ
5:45PM	M	2	45	★ BARREBELLS	M	S	45	CONNECT	M	2	45	BALLET BARRE				M	1	45	HIT THE DECK	
6:00PM	M	F	45	★ TRX	M	2	45	★ FOUR TO THE FLOOR				M	B	60	GYMBOXING	M	2	45	VINYASA FLOW YOGA	
6:00PM	M	B	60	GYMBOXING	M	B	60	GYMBOXING				M	2	45	BUDOKON YOGA					
6:15PM	M	1	45	RAVE	M	1	45	POUND	M	1	30	BADASS								
6:15PM	M	S	45	CONNECT 6:30PM	M	F	45	FRAME FITNESS 6:30PM	M	F	45	FRAME FITNESS	M	S	45	BIKE & BEATS				
6:15PM	M	2	45	KETTLEBELLS 6:30PM					M	2	45	REHAB	M	1	45	★ WHIPLASH				
6:30PM	M	F	45	BARTENDAZ 6:45PM	M	2	30	METCON 6:45PM	M	S	45	BIKE & BEATS	M	F	45	HANDS DOWN				
6:45PM	M	1	45	★ DRILL SERGEANT 7:00PM	M	S	45	BIKE & BEATS	M	1	45	DRILL SERGEANT								
7:00PM	M	B	60	MUAY THAI	M	1	45	BUTI YOGA	M	2	45	COMMERCIAL DANCE	M	2	45	KETTLEBELLS				
7:00PM					M	B	60	GYMBOXING SPARRING	M	B	60	MUAY THAI BEGINNERS 7:30PM	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																



KEY CODE

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

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

BOOK ONLINE www.gymbox.com
 MOBILE BOOKINGS www.gymboxmobile.com
 Any suggestions/feedback please contact William - williamp@gymbox.co.uk