

Class Timetable

GymWorks
Skelmersdale

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING 5am - 12pm			06:30 - 07:15 Functional Zone GYMWORKS ROX Sarah				
	09:30 - 10:15 Functional Zone	CIRCUITS Parry	10:00 - 11:00 Functional Zone STRONGHER Sarah	09:30 - 10:15 Functional Zone ABS BLAST Parry		09:30 - 10:15 Functional Zone BOOTCAMP Sam	09:00 - 10:00 Functional Zone BODY BLITZ Darren
DAYTIME 12pm - 5pm				12.15 - 13.00 Functional Zone LBT Sarah			
				13.00 - 13.30 Functional Zone HIIT Sarah			
EVENING 5pm - 10pm	17:30 - 18:15 Functional Zone BOOTCAMP Sam	18:00 - 19:00 Functional Zone BOXING FIT Darren	18:30 - 19:30 Functional Zone STRONGHER Sarah	18:00 - 19:00 Functional Zone BOXING FIT Darren	18:00 - 18:45 Functional Zone STRENGTH Sarah		
	18:30 - 19:00 Functional Zone CORE Sam	19:00 - 20:00 Functional Zone BOOTCAMP Darren	19:30 - 20:30 Functional Zone GYMWORKS ROX Sarah	19:00 - 20:00 Functional Zone BOOTCAMP Darren	19:00 - 19:45 Functional Zone GYMWORKS ROX Sarah		

CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY.

THIS TIMETABLE MAY BE SUBJECT TO CHANGE.