

Class Timetable

GymWorks
Skelmersdale

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING 5am - 12pm			6:00-7:00 Studio	LIFT Liberty	6:00-7:00 Studio	Savage Dozen GymRox Darren	6:00-7:00 Studio	CARDIO Cave Ella	6:00-7:00 Studio	Strength & SCULPT Ella					
	9.30 - 10.15 Functional Zone	BOOTCAMP Parry	9.30 - 10.00 Functional Zone	BOOTCAMP Parry	9.30 - 10.15 Studio	ABS BLAST Parry	9.30 - 10:30 Studio	Core & Curves Ella	9.30 - 10:15 Studio	Strength & SCULPT Ella	9.00 - 10.00 Functional Zone	BODY BLITZ Darren	10:00-11:00 Studio	YOGA Lisa	
	10.15 - 1115 STUDIO	YOGA Sophia	9:45 - 10:45 STUDIO	FEVAH Zara	10:15 - 11:00 Functional Zone	Intense Dozen gymrox Darren			10.15 -1100 Functional zone	CARDIO Cave Ella	10:00 - 11:00 Studio	ZUMBA Seya			
EVENING 5pm - 10pm	18:00 - 19.00 FUNCTIONAL AREA	BOOTCAMP DAN	1800 - 18:45 Studio	LIFT Liberty	18:00 - 19:00 Studio	ZUMBA Seya	17:30 - 18:30 Studio	YogaLates Sophia	17:30 - 18:15 STUDIO	DANCE ZARA					
	17:45 - 18:45 Studio	YogaLates Sophia	19.00 - 20.00 Functional Zone	BOOTCAMP Darren	18:30 - 19:30 Functional Area	Shred (HIIT CIRCUIT) Dan	18:30 -19:30 STUDIO	FEVAH Zara	17:45-18:30 Functional Zone	BOXFit Dan					
	18:45 - 19:45 Studio	ZUMBA Seya	19:00 - 19:45 Studio	PILATES Liberty			19.00 - 20.00 Functional Zone	BOOTCAMP Darren	18:30 - 19:30 Functional zone	SAVAGE DOZEN GymRox Darren					

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.