FITNESSHUB HQ

Fitness Hub HQ class timetable. Please don't be alarmed, the gym is still usable when classes are on but with limited numbers.

Book via the website www.fitnesshubhq.co.uk or speak to a member of staff (* booking not needed)

	06:00 AM	07:00 AM	08:00 AM	09:00 AM	09:30 AM	09:45 AM	11:00 AM	12:00 PM	05:30 PM	06:00PM	06:15 PM	06:30 PM	07:30 PM	08:00 PM
Monday	Circuits									Bodyweight Circuits		Abs Class		
Tuesday						Beginners Strength		Circuits	Women's Lift		Women's Lift			
Wednesday		Circuits												
Thursday								Circuits		Strength & Conditioning				
Friday	Circuits				Abs Class									
Saturday			Strength Trainer	Saturday Sweat										