

HALLAMSHIRE GYM CLASS

TIMETABLE

MONDAY

BOOTCAMP 7.00AM - 7.45AM
INTRO TO LIFTING 19.00PM - 19.45PM

TUESDAY

LEGS, BUMS & TUMS 16.10PM - 16.55PM
CORE BLAST 17.00PM - 17.45PM
HIIT 20.05PM - 20.50PM

WEDNESDAY

BOOTCAMP 7.00AM - 7.45AM
LADIES WHO LIFT 14.15PM - 15.00PM
HIIT 16.10PM - 16.55PM
LEGS, BUMS & TUMS 17.00PM - 17.45PM
BOX-FIT 20.05PM - 20.50PM

THURSDAY

FULL CIRCUIT FITNESS 14.15 - 15.00PM
INTRO TO LIFTING 20.00PM - 20.45PM

SATURDAY

BOOTCAMP 8.00AM - 8.45AM
LEGS, BUMS & TUMS 9.15AM - 10AM
JUNIOR GYM 11.15AM - 12.00AM
(12-15YRS)



Hallamshire



**FREE CLASS FOR
ALL MEMBERS
IN JANUARY!!!**
(INCLUDING ALL RACKET MEMBERS)



**NON-MEMBERS
£7.50 PER SESSION**

Classes: All classes are suitable for all fitness levels.
Please arrive 10 minutes before the start time.

Class schedule may be subject to change, please check our website or contact.

Booking: Book for these sessions through your Hallamshire account. Booking ahead is advised as numbers for the sessions are limited.

Terms & Conditions: Please check the T & C's when booking onto the classes.