

# Train Together Functional Fitness Studio

## Time Table

### MONDAY

Class Time	Duration	Class
07:10 – 07:40	30 minutes	Boxercise
07:50 – 08:20	30 minutes	HIIT
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class/PT/Free Gym	
12:10 – 12:40	30 minutes	HIIT
12:45 – 13:15	30 minutes	Weight Lifting
13:15 – 14:15	No Class/PT/Free Gym	
14:15 – 15:15	<b>CLOSED</b>	
15:15 – 17:00	No Class/PT/Free Gym	
17:15 – 17:45	30 minutes	Kettlebells
17:55 – 18:25	30 minutes	Circuits
18:30 – 19:00	30 minutes	Classy Core
19:10 – 19:50	40 minutes	Total Toning

### TUESDAY

Class Time	Duration	Class
06:00 – 07:00	60 minutes	Sunrise Boot Camp
07:10 – 07:40	30 minutes	Kettlebells
07:50 – 08:20	30 minutes	Circuits
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class/PT/Free Gym	
12:10 – 12:40	30 minutes	Classy Core
12:45 – 13:15	30 minutes	Kettlebells
13:15 – 14:15	No Class/PT/Free Gym	
14:15 – 15:15	<b>CLOSED</b>	
15:15 – 17:00	No Class/PT/Free Gym	
17:15 – 17:45	30 minutes	HIIT
17:55 – 18:25	30 minutes	Weight Lifting
18:30 – 19:00	30 minutes	Boxercise
19:00 – 20:00	60 minutes	Yoga – pay the Instructor direct



# Train Together Functional Fitness Studio

## Time Table

### WEDNESDAY

Class Time	Duration	Class
07:10 – 07:40	30 minutes	Weight Lifting
07:50 – 08:20	30 minutes	HIIT
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class/PT/Free Gym	
12:10 – 12:40	30 minutes	Boxercise
12:45 – 13:15	30 minutes	Circuits
13:15 – 14:15	No Class/PT/Free Gym	
14:15 – 15:15	<b>CLOSED</b>	
15:15 – 17:00	No Class/PT/Free Gym	
17:15 – 17:45	30 minutes	Classy Core
17:55 – 18:25	30 minutes	Kettlebells
18:30 – 19:00	30 minutes	Boot Camp
19:10 – 19:50	40 minutes	Total Toning
20:00 – 21:00	60 minutes	Ladies Strength and Conditioning

### THURSDAY

Class Time	Duration	Class
06:00 – 07:00	60 minutes	Sunrise Boot Camp
07:10 – 07:40	30 minutes	Circuits
07:50 – 08:20	30 minutes	Kettlebells
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class/PT/Free Gym	
12:10 – 12:40	30 minutes	Weight Lifting
12:45 – 13:15	30 minutes	Boot Camp
13:15 – 14:15	No Class/PT/Free Gym	
14:15 – 15:15	<b>CLOSED</b>	
15:15 – 17:00	No Class/PT/Free Gym	
17:15 – 17:45	30 minutes	Boxercise
17:55 – 18:25	30 minutes	Swiss Ball
18:30 – 19:00	30 minutes	HIIT



# Train Together Functional Fitness Studio

## Time Table

### FRIDAY

Class Time	Duration	Class
07:10 – 07:40	30 minutes	Boxercise
07:50 – 08:20	30 minutes	Weight Lifting
09:30 – 10:10	40 minutes	Kick Start Club
10:30 – 12:00	No Class/PT/Free Gym	
12:10 – 12:40	30 minutes	HIIT
12:45 – 13:15	30 minutes	Classy Core
13:15 – 14:15	No Class/PT/Free Gym	
14:15 – 15:15	<b>CLOSED</b>	
15:15 – 17:00	No Class/PT/Free Gym	
17:15 – 17:45	30 minutes	Kettlebells
17:55 – 18:25	30 minutes	Boot Camp
18:35 – 19:15	40 minutes	Total Toning

<b>SATURDAY</b>	09:00 – 10:00	Boot Camp
	10:00 – 11:30	Free Gym/PT 1-2-1
	11:30 – 13:00	<b>CLOSED</b>
	13:00 – 15:00	Free Gym/PT 1-2-1
<b>SUNDAY</b>	<b>CLOSED</b>	

## Monthly Membership Options and Price List

**Bronze** (Unlimited Gym Use) **£25**

**Silver** (Unlimited Gym Use and 2 Classes per week) **£35**

**Gold** (Unlimited Gym Use and Unlimited Classes per week) **£40**

Students **10% off** any of the above memberships or **15% off** with a valid Lancaster University Purple Card

\***Platinum** (Unlimited Gym Use and Unlimited Classes per week) **£25**

*\*This membership option is for aged 60 years +*

**Couples** (Unlimited Gym Use and Unlimited Classes per week) **£60**

**Pay As You Go** Fitness Class **£5** (Wednesday Ladies Strength & Conditioning £6.50)

**Block of 5 Classes** **£24**

**Block of 10 Classes** **£45**



Valid from 3<sup>rd</sup> May 2015