

Train Together Functional Fitness  
Class Time Table and Opening Times

**MONDAY**

Class Time	Duration	Class	Instructor
07:00 – 20:00	<b>Weights &amp; Cardio Gym Open</b>		
07:10 – 07:40	30 minutes	HIIT	Kev
07:50 – 08:20	30 minutes	Weight Lifting (Upper Body)	Kev
09:30 – 10:10	40 minutes	Blast Class	Kev
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	HIIT	Neil
12:45 – 13:15	30 minutes	Weight Lifting	Neil
13:15 – 14:15	No Class		
14:15 – 15:15	<b>CLOSED</b>		
15:15 – 17:00	No Class		
17:15 – 17:45	30 minutes	Kettlebells	Neil
17:30 – 18:00	30 minutes	Abs Conditioning	Kev
18:00 – 18:30	30 minutes	HIIT	Neil
18:15 – 19:00	45 minutes	Circuits	Kev
18:45 – 19:15	30 minutes	Weight Lifting (Full Body)	Neil
19:15 – 20:00	45 minutes	Indoor Cycling	Kev
19:30 – 20:00	30 minutes	Total Toning	Neil



Effective from 6<sup>th</sup> March 2017

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**TUESDAY**

<b>Class Time</b>	<b>Duration</b>	<b>Class</b>	<b>Instructor</b>
06:00 – 07:00	60 minutes	Strength and Conditioning	Julie
07:00 – 20:00	<b>Weights &amp; Cardio Gym Open</b>		
07:10 – 07:40	30 minutes	Kettlebells	Julie
07:50 – 08:20	30 minutes	Core	Julie
09:30 – 10:10	40 minutes	Blast Class	Julie
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	Abs Conditioning	Neil
12:45 – 13:15	30 minutes	Kettlebells	Neil
13:15 – 14:15	No Class		
14:15 – 15:15	<b>CLOSED</b>		
15:15 – 17:15	No Class		
17:15 – 17:45	30 minutes	HIIT	Joe
17:30 – 18:00	30 minutes	Circuits	Neil
18:00 – 18:45	45 minutes	Weight Lifting (Lower Body)	Joe
18:15 – 19:00	45 minutes	Boxercise	Neil
19:00 – 19:45	45 minutes	Circuits	Joe



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**WEDNESDAY**

Class Time	Duration	Class	Instructor
07:00 – 20:00	<b>Weights &amp; Cardio Gym Open</b>		
07:10 – 07:40	30 minutes	Circuits	Joe
07:50 – 08:20	30 minutes	Weight Lifting (Lower Body)	Joe
09:30 – 10:10	40 minutes	Blast Class	Joe
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	Boxercise	Joe
12:45 – 13:15	30 minutes	Circuits	Joe
13:15 – 14:15	No Class		
14:15 – 15:15	<b>CLOSED</b>		
15:15 – 17:00	No Class		
17:15 – 17:45	30 minutes	Kettlebells	Kev
17:30 – 18:15	45 minutes	Legs	Julie
18:00 – 18:45	45 minutes	Weight Lifting (Upper Body)	Kev
18:30 – 19:00	30 minutes	Abs Conditioning	Julie
19:00 – 19:45	45 minutes	Indoor Cycling	Kev
19:15 – 20:00	45 minutes	Total Toning	Julie



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**THURSDAY**

<b>Class Time</b>	<b>Duration</b>	<b>Class</b>	<b>Instructor</b>
06:00 – 07:00	60 minutes	Strength and Conditioning	Julie
07:00 – 20:00	<b>Weights &amp; Cardio Gym Open</b>		
07:10 – 07:40	30 minutes	HIIT	Julie
07:50 – 08:20	30 minutes	Legs	Julie
09:30 – 10:10	40 minutes	Blast Class	Julie
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	Weight Lifting	Neil
12:15 – 13:00	45 minutes	Indoor Cycling	Anne
12:45 – 13:15	30 minutes	Total Toning	Neil
13:15 – 14:15	No Class		
14:15 – 15:15	<b>CLOSED</b>		
15:15 – 17:00	No Class		
17:15 – 17:45	30 minutes	Weight Lifting (Lower Body)	Joe
17:30 – 18:00	30 minutes	HIIT	Neil
18:00 – 18:45	45 minutes	Boxercise	Joe
18:15 – 19:00	45 minutes	Total Toning	Neil
19:00 – 19:45	45 minutes	Swiss Ball and Flex	Joe
19:15 – 20:00	45 minutes	Circuits	Neil



Train Together Functional Fitness  
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**FRIDAY**

Class Time	Duration	Class	Instructor
07:00 – 19:15	<b>Weights &amp; Cardio Gym Open</b>		
07:10 – 07:40	30 minutes	Weight Lifting (Full Body)	Neil
07:15 – 08:00	45 minutes	Indoor Cycling	Sarah
07:50 – 08:20	30 minutes	HIIT	Neil
09:30 – 10:10	40 minutes	Blast Class	Neil
10:30 – 12:00	No Class		
12:10 – 12:40	30 minutes	HIIT	Neil
12:45 – 13:15	30 minutes	Core	Neil
13:15 – 14:15	No Class		
14:15 – 15:15	<b>CLOSED</b>		
15:15 – 17:00	No Class		
17:15 – 17:45	30 minutes	Circuits	Joe
18:00 – 18:30	30 minutes	Core and Flex	Joe
18:45 – 19:15	30 minutes	Tone and Flex	Joe

<b>SATURDAY</b>	09:00 – 10:00	Strength and Conditioning
	10:00 – 13:30	Weights & Cardio Gym
<b>SUNDAY</b>	<b>CLOSED</b>	

