

SHEVINGTON GYM *TIMETABLE*



MONDAY

FUNCTIONAL FITNESS – 6:15AM

BOOTCAMP – 9:30AM

FUNCTIONAL FITNESS – 6:30 PM

TUESDAY

CARDIO CLUB – 6:15AM

CARDIO CLUB – 9:30AM

BOX & BURN – 6:30 PM

WEDNESDAY

BOX & BURN – 6:15AM

FUNCTIONAL FITNESS – 9:30AM

FUNCTIONAL FITNESS – 6:30 PM

THURSDAY

FUNCTIONAL FITNESS – 6:15AM

FUNCTIONAL FITNESS – 9:30AM

FUNCTIONAL FITNESS – 6:30PM

FRIDAY

FUNCTIONAL FITNESS – 6:15AM

WEIGHTS & CARDIO – 9:30AM

FUNCTIONAL FITNESS – 6:30PM

SATURDAY

WEIGHTS & CARDIO CIRCUIT – 8:00AM

WEIGHTS & CARDIO CIRCUIT – 9:00AM

SUNDAY

SUPER SUNDAY TEAM WOD – 10:15AM