

STRENGTH & CONDITIONING

WEEKLY TIMETABLE 2025

MONDAY

10:30 AM STRENGTH CIRCUIT
6:00 PM IGNITE H.I.I.T. CIRCUIT

TUESDAY

9:00 AM RUN
6:00 PM IGNITE H.I.I.T. CIRCUIT

WEDNESDAY

10:30 AM FUNCTIONAL STRENGTH CLASS
6:00 PM IGNITE H.I.I.T. CIRCUIT

THURSDAY

6:00 PM IGNITE H.I.I.T. CIRCUIT

FRIDAY

10:30 AM IGNITE H.I.I.T. CIRCUIT
6:00 PM IGNITE H.I.I.T. CIRCUIT

SATURDAY

10:00 AM MRT CIRCUIT

GYM OPENING TIMES

MONDAY - FRIDAY 6:00 AM - 9:00 PM
SATURDAY & SUNDAY 8:00 AM - 2:00 PM
£4 PER SESSION OR £22 PER MONTH

MEMBERSHIP COSTS

OFF PEAK £27 DIRECT DEBIT / £32 CASH
PEAK £33 DIRECT DEBIT / £38 CASH
PAY AS YOU GO £5 PER SESSION

All monthly memberships include full use of the gym and strength & conditioning classes
All classes must be pre booked through our app.

