



# Class Timetable

Monday	5:30pm – 6:00pm	Beginner Cycle Fit	GO Fitness Team
	6:15pm – 7:00pm	Bootcamp	GO Fitness Team

Tuesday	5:30pm – 6:00pm	HIIT	GO Fitness Team
	6:15pm – 7:00pm	Cycle Fit	GO Fitness Team

Wednesday	5:30pm – 6:00pm	Running Club	GO Fitness Team
	6:15pm – 6.45pm	Cycle 30	GO Fitness Team

Thursday	5:30pm – 6:00pm	Cardio Blast	GO Fitness Team
	6:15pm – 6:45pm	Abs Blast	GO Fitness Team

Friday	5:30pm – 6:15pm	Cycle-Fit	GO Fitness Team
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Saturday	10.00am – 10:30am	Gym Blast	GO Fitness Team
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Prices per Class:  
Members: FREE  
Hotel Guests: £2.00