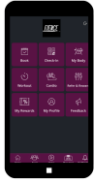


# CLASSES



**BOOK YOUR CLASS  
ON THE FIERCE GYM APP OR AT RECEPTION**

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Sunday

06:15	45 mins	Bootcamp	45 mins	HIIT	45 mins	S&C Circuits	45 mins	Core, Glutes & Legs	45 mins	Bootcamp	09:30	45 mins	HIIT		
07:15	30 mins	Spin (Virtual)	30 mins	Spin	30 mins	Spin (Virtual)	30 mins	Spin	30 mins	Spin	10:15	30 mins	Virtual Spin	30 mins	Virtual Spin
09:30	45 mins	HIIT	45 mins	BST Workout	30 mins	HIIT (Virtual)	30 mins	Core (Virtual)	45 mins	S&C Circuits	10:45			45 mins	Circuits
10:30									30 mins	Pilates (Virtual)					
12:15					45 mins	HIIT									
17:30									60 mins	14-16 Strength & Conditioning (£)					
17:45					30 mins	Spin									
18:00	30 mins	Spin					45 mins	HIIT							
18:30					60 mins	Ladies Lifting club			30 mins	Spin (Virtual)					
18:45							30 mins	Spin (Virtual)							
19:15	60 mins	Private Team Hire	30 mins	Spin (Virtual)											
19:30	30 mins	Pilates (Virtual)	60 mins	Private Team Hire	30 mins	Pilates (Virtual)			30 mins	Yoga (Virtual)					
20:30			60 mins	Private Team Hire											



Track your fitness with MyZone  
£85 at Reception (Save £55)

**ORANGE** - Gym Floor  
**YELLOW** - Studio 1  
**GREEN** - Studio 2  
**BLUE** - Studio 2 (Virtual)  
£ - Paid Classes