

# TIMETABLE

**RISE** FITNESS CLUBS  
TELFORD



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
<b>MORNING</b>	<b>6.15-12.00</b>	6.15 - 6.45 MAIN STUDIO	SPIN	6.15 - 6.45 MAIN STUDIO	SPIN	6.15 - 6.45 MAIN STUDIO	SPIN	6.45 - 7.30 MAIN STUDIO	SPINSANE			9.30 - 10.00 GYM FLOOR	TABATA
		9.15 - 9.45 MAIN STUDIO	SPIN	9.45 - 10.15 MAIN STUDIO	ABS BLAST					9.30 - 10.15 SPIN STUDIO	SPINSANE		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
<b>DAYTIME</b>	<b>12.00-17.00</b>			12.30 - 13.15 MAIN STUDIO	SPIN	12.30 - 13.00 GYM FLOOR	HIIT	12.30 - 13.00 MAIN STUDIO	SPIN	12.30 - 13.00 GYM FLOOR	TABATA	12.45 - 13.45 GYM FLOOR	CIRCUITS
										16.30 - 17.00 MAIN STUDIO	ABS BLAST		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
<b>EVENING</b>	<b>17.00-21.00</b>	17.45 - 18.30 MAIN STUDIO	SPINSANE	17.00 - 17.30 MAIN STUDIO	SPIN	17.30 - 18.15 MAIN STUDIO	SPIN	17.00 - 17.30 MAIN STUDIO	ABS BLAST	18.45 - 19.15 GYM FLOOR	TABATA		
		18.45 - 19.15 GYM FLOOR	CIRCUITS	18.15 - 18.45 MAIN STUDIO	SPIN	18.45 - 19.15 GYM FLOOR	CIRCUITS	17.45 - 18.30 MAIN STUDIO	SPINSANE				

- **CARDIO**
- **INTERVAL**
- **COMBAT**
- **STRENGTH**
- **MIND / BODY**
- **DANCE**

SPIN AND ABS BLAST CLASSES ARE BOOKABLE 7 DAYS IN ADVANCE VIA THE MEMBER APP.  
ALL OTHER CLASSES OPERATE ON A FIRST COME FIRST SERVED BASIS.  
PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY.  
THIS TIMETABLE MAY BE SUBJECT TO CHANGE.