

TIMETABLE

RISE FITNESS CLUBS
TELFORD



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6.15-12.00	6.30 - 7.00 MAIN STUDIO	SPIN	6.30 - 7.00 MAIN STUDIO	SPIN	6.45 - 7.30 MAIN STUDIO	SPINSANE	6.30 - 7.00 MAIN STUDIO	SPIN	6.30 - 7.00 MAIN STUDIO	SPIN	9.30 - 10.00 GYM FLOOR	SPIN		
		9.30 - 10.00 MAIN STUDIO	SPIN	9.45 - 10.15 MAIN STUDIO	ABS BLAST	9.30 - 10.15 SPIN STUDIO	SPINSANE	9.30 - 10.00 GYM FLOOR	HIIT	9.30 - 10.00 SPIN STUDIO	SPIN			11.45 - 12.30 MAIN STUDIO	SPIN
		10.30 - 11.15 SWIMMING POOL	AQUA AEROBICS	10.30 - 11.15 MAIN STUDIO	PILATES			10.15 - 10.45 MAIN STUDIO	STRETCH & RELAX						

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
DAYTIME	12.00-17.00			12.30 - 13.00 MAIN STUDIO	SPIN			12.30 - 13.00 MAIN STUDIO	SPIN	12.30 - 13.00 GYM FLOOR	TABATA	12.45 - 13.30 GYM FLOOR	LBT
										16.30 - 17.00 MAIN STUDIO	ABS BLAST		

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
EVENING	17.00-21.00	17.30 - 18.00 MAIN STUDIO	SPIN	18.00 - 18.30 MAIN STUDIO	SPINSANE	17.30 - 18.15 MAIN STUDIO	SPIN	17.00 - 17.30 GYM FLOOR	HIIT	17.45 - 18.15 GYM FLOOR	LBT		
		18.45 - 19.15 GYM FLOOR	CIRCUITS	20.00 - 20.30 MAIN STUDIO	SPIN	18.45 - 19.15 GYM FLOOR	CIRCUITS	17.45 - 18.30 MAIN STUDIO	SPINSANE	18.30 - 19.15 MAIN STUDIO	PILATES		

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

SPIN, LBT, ABS BLAST, PILATES, AQUA AEROBICS AND STRETCH & RELAX 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.