

TIMETABLE

RISE FITNESS CLUBS
TELFORD



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
MORNING	6.15-12.00	6.30 - 7.00 GYM FLOOR	SWEATFEST	6.30 - 7.00 GYM FLOOR	SWEATFEST	6.30 - 7.15 GYM FLOOR	BOOTCAMP	6.30 - 7.00 MAIN STUDIO	SPIN	6.30 - 7.00 MAIN STUDIO	SPIN	8.30 - 9.00 GYM FLOOR	SWEATFEST	9.30 - 10.00 MAIN STUDIO	SPIN
		9.30 - 10.00 MAIN STUDIO	SPIN	9.30 - 10.00 MAIN STUDIO	SPIN	9.30 - 10.00 MAIN STUDIO	SPIN	10.15 - 11.00 MAIN STUDIO	YOGA	8.00 - 8.45 MAIN STUDIO	BOX FIT CIRCUITS	9.30 - 10.15 MAIN STUDIO	YOGA		
		10.30 - 11.10 SWIMMING POOL	AQUA AEROBICS	10.30 - 11.00 MAIN STUDIO	ABS BLAST	10.15 - 11.00 MAIN STUDIO	YOGA	10.30 - 11.00 SWIMMING POOL	AQUA AEROBICS	9.30 - 10.00 MAIN STUDIO	SPIN				
										10.30 - 11.00 SWIMMING POOL	AQUA AEROBICS				

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
DAYTIME	12.00-17.00														
					12.00 - 12.30 GYM FLOOR	LIFT & TONE			12.30 - 13.00 MAIN STUDIO	SPIN	12.30 - 13.15 MAIN STUDIO	LBT			

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
EVENING	17.00-21.00	17.30 - 18.00 MAIN STUDIO	SPIN	17.00 - 17.45 MAIN STUDIO	BOX FIT CIRCUITS	17.30 - 18.15 MAIN STUDIO	SPINSANE	17.00 - 17.30 GYM FLOOR	SWEATFEST	17.45 - 18.15 MAIN STUDIO	LBT			
		18.30 - 19.15 MAIN STUDIO	DANCE FIT	18.00 - 18.30 MAIN STUDIO	SPIN	18.30 - 19.00 GYM FLOOR	SWEATFEST	17.30 - 18.00 MAIN STUDIO	SPIN	18.30 - 19.15 MAIN STUDIO	RISE COMBAT			
				18.45 - 19.30 MAIN STUDIO	YOGA					18.30 - 19.15 MAIN STUDIO	BOX FIT CIRCUITS			

- 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.