

Places Gym Hinckley

Fitness Class Timetable

Monday

06:30 – 07:15 Rig Class
09:30 – 10:30 Pump FX
17:00 – 17:45 LBT
18:00 – 18:45 Group Cycling
18:00 – 18:45 LBT

Tuesday

06:30 – 07:15 Group Cycling
09:30 – 10:15 Kettlebells
10:30 – 11:15 LBT
17:00 – 17:45 Step
18:00 – 18:45 Group Cycling
18:00 – 18:45 LBT
18:45 – 19:30 Kettlebells
19:00 – 19:45 Group Cycling
20:00 – 21:00 Yoga

Wednesday

09:30 – 10:30 Pilates
10:30 – 11:15 Group Cycling
18:00 – 18:45 Group Cycling
18:00 – 18:45 Circuits
19:00 – 19:45 Pump FX
20:00 - 20:45 Yoga

Thursday

06:30 - 07:15 Rig Class
10:30 - 11:15 LBT
17:00 – 17:30 Total Abs
18:00 – 18:45 Pump FX
19:00 – 19:45 Group Cycling
19:00 – 19:45 Kettlebells

Friday

09:30 - 10:30 Yoga
18:00 – 18:45 Group Cycling
19:00 – 19:45 Pump FX

Saturday

09:00 – 09:45 Yoga
10:00 – 10:45 Vibe Cycle
10:00 – 10:45 Yoga Kids
11:00 – 11:45 Pump FX

Sunday

10:00 – 10:30 Vibe Cycle
09:30 – 10:00 Circuits

Made to move you

