



MOTIVATED FITNESS

- Free to Members
- Ladies Only
- Paid Class

Timetable starting:
June 29th 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday
07.15 - 08.00			HIIT		TABATA
During the Day					
18.15 - 19.00	HIIT	TABATA		Weights-Only Circuits	

Pre-booking is essential using the 'Mindbody' app. Class sizes are limited to 15 participants. To access a class you must scan your TBB card on entry to the gym. Classes will take place in either our newly renovated functional fitness studio or external training arena.