

OUTDOOR X *Timetable*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	HIIT CARDIO COACH JUNIOR	HIIT STRENGTH AND CARDIO COACH JEN	STRENGTH TO STRENGTH COACH ZAC	HIIT STRENGTH AND CARDIO COACH STEVE	HIIT STRENGTH AND CARDIO COACH STEVE		
7.00am					STRENGTH TO STRENGTH COACH ZAC	STRENGTH TO STRENGTH COACH JUNIOR	
4.00pm			YOUTHFIT X* COACH CEDRIC				
5.30pm	HIIT STRENGTH AND CARDIO COACH JUNIOR	HIIT STRENGTH AND CARDIO COACH JUNIOR	STRENGTH TO STRENGTH COACH ZAC				
6.00pm				BOXING COACH STEVE			
6.30pm	HIIT STRENGTH COACH JUNIOR	HIIT CARDIO COACH JUNIOR	BOXING COACH STEVE				

Timetable effective from 18.05.21. Timetable subject to change. Use GHRC App for up to date timetable.

* Youthfit Classes are for Youthfit members (under 18 years old) only.

** Boxing - you must supply your own boxing gloves with thumb support and hand wraps to participate in this class.