

OUTDOOR X *Timetable*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	HIIT <i>STRENGTH</i> COACH JUNIOR	HIIT <i>CARDIO</i> COACH JEN	HIIT <i>STRENGTH</i> COACH JUNIOR	HIIT <i>HYBRID</i> COACH STEVE	HIIT <i>HYBRID</i> COACH STEVE	HIIT <i>STRENGTH</i> COACH JUNIOR	
4.00pm			YOUTHFIT X* COACH CEDRIC				
5.30pm	HIIT <i>CARDIO</i> COACH JUNIOR	HIIT <i>STRENGTH</i> COACH JUNIOR	HIIT <i>HYBRID</i> COACH STEVE	BOXING COACH STEVE			
6.30pm			BOXING COACH STEVE				

Timetable effective from 10.11.21. 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.