

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		
		RUN CLUB COACH SEB			RUN CLUB COACH JEN		
7.00am					STRENGTH TO STRENGTH COACH ZAC	STRENGTH TO STRENGTH COACH JUNIOR	
9.00am			HIIT CARDIO COACH JEN	HIIT STRENGTH AND CARDIO COACH JEN	BOXING COACH STEVE		
4.00pm	YOUTHFIT X* COACH CEDRIC		YOUTHFIT X* COACH CEDRIC				
5.30pm	HIIT CARDIO COACH JUNIOR	HIIT STRENGTH COACH JUNIOR	STRENGTH TO STRENGTH COACH ZAC	BOXING COACH STEVE			
6.30pm	HIIT STRENGTH COACH JUNIOR	HIIT CARDIO COACH JUNIOR	BOXING COACH STEVE				

Timetable effective from 07.04.21. 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.