



FITNESS CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:10 - 12:40 MOVE 	12:10 - 12:40 BOOTCAMP 	11:40 - 12:20 HYROX 	12:10 - 12:40 MOVE 	12:10 - 12:40 KETTLEBELLS 
12:45 - 13:05 AB BLAST 	12:50 - 13:35 FITNESS YOGA 	12:30 - 12:50 BASEMENT CYCLE 	13:00 - 13:40 RUN CLUB 	12:45 - 13:05 AB BLAST 
13:10 - 13:40 FULL BODY STRENGTH 	17:10 - 17:40 KETTLEBELLS 	12:50 - 13:10 AB BLAST 	17:10 - 17:40 FULL BODY STRENGTH 	13:10 - 13:40 FITNESS YOGA 



BOOK ONLINE VIA [HTTPS://THEBASEMENT-BRISTOL.GLADSTONEGO.CLOUD/BOOK](https://thebasement-bristol.gladstonego.cloud/book)

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