

CLASS TIMETABLE



COMBAT



INTERVAL



STRENGTH



STRENGTH
ENDURANCE



ENDURANCE

TIME

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5:30 - 6:15am

LBT

CIRCUIT

HIIT + ABS

SPIN

MULTIPUMP

6:30 - 7:15am

CIRCUIT

LBT

CIRCUIT

7:30 - 8:00am

HIIT

KETTLEBELLS

SPIN

HIIT

STEP CLASS

9:15 - 10:00am

STEP CLASS

MULTIPUMP

CIRCUIT

LBT

KICKBOXING

12:10 - 12:50pm

LBT

HIIT + ABS

7:30 -
8am

SPIN

9:30 -
10:15am

HIIT + ABS

8:15 -
9am

HIIT + ABS

10:30 -
11:15am

Circuit

10:15 -
11am

CIRCUIT

11:30 -
12:15pm

Multipump

12:15 -
1pm

LBT

5:30 - 6:00pm

MULTIPUMP

COMBAT FITNESS

CIRCUIT

MULTIPUMP

LBT

6:15 - 7:00am

BOXFIT

CIRCUIT

SPIN

CIRCUIT

CIRCUIT

7:15 - 8:00am

SPIN

SELF DEFENCE
CLASS

6:15-7pm

HIIT + ABS

6:15-7pm

SPIN

7:15-8pm

MULTIPUMP

7:15-8pm

HIIT



SALFORD