

CLASS TIMETABLE

Jan-22

ENQUIRIES CALL 01932 225953

LOCATION KEY White = Fresh Gym & Studio

Pink = Fresh Sports Centre, Thamesmead

Green = Fresh Gym Outdoor / Fresh Sports Centre / Laleham Park

BOOKING APP KEY

Book using FitSense App (FS App)

Book Online www.freshairoutdoortraining.com

Day	Time	Class	Instructor	Location	Where to Book
MON	09.00 am - 09.45 am	Spinning	Rach	Spin Studio	FS App
	10.30 am - 11.30 am	Pilates	Emma	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Team	Fresh Gym Outdoor	FS App
	18.00 pm - 18.45 pm	Spinning	Rach	Spin Studio	FS App
	18.00 pm - 18.45 pm	Body Blast	Cheryl	Fresh Sports Centre	FS App
	19.00 pm - 20.00 pm	Zumba	Cheryl	Fresh Sports Centre	FS App
	19.15 pm - 20.15 pm	Yoga *New Time*	Fiona	Fresh Sports Centre	FS App
	19.15 pm - 20.00 pm	Hiit Fit	Will	Fresh Sports Centre	FS App
	19.15 pm - 20.00 pm	Spinning *New Time*	Jules	Spin Studio	FS App
TUES	09.30 am - 10.15 am	Fresh Air Circuit	Jess	Fresh Gym Outdoor	Fresh Air
	09.30 am - 10.15 am	Body conditioning	Muna	Fresh Gym Studio	FS App
	10.30 am - 11.00 am	Beginners Spin	Ellie	Spin Studio	FS App
	11.00 am - 12.00 pm	Beginners Yoga	Karen	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Team	Fresh Gym Outdoor	FS App
	18.30 pm - 19.30 pm	Pilates	Sarah	Fresh Sports Centre	FS App
	19.00 pm - 19.45 pm	Fresh Air Circuit	Jules	Fresh Sports Centre	Fresh Air
	19.00 pm - 19.45 pm	Spinning	Muna	Spin Studio	FS App
	19.00 pm - 19.45 pm	Boxing Fit	Jess	Fresh Sports Centre	FS App
	19.00 pm - 20.00 pm	Yoga	Kish	Fresh Gym Studio	FS App
WED	09.00 am - 09.45 am	Body Blast	Tyra	Fresh Gym Studio	FS App
	09.30 am - 10.15 am	Spinning	Gary	Spin Studio	FS App
	10.00 am - 10.45 am	Pilates	Vicky	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Team	Fresh Gym Outdoor	FS App
	18.00 pm - 18.45 pm	Tone45	Ildi	Fresh Sports Centre	FS App
	18.00 pm - 18.45 pm	Spinning	Rach	Spin Studio	FS App
	19.00 pm - 20.00 pm	Zumba	Cheryl	Fresh Sports Centre	FS App
	19.15 pm - 20.15 pm	Hiit Fit	Sarah	Fresh Sports Centre	FS App
THUR	09.30 am - 10.15 am	Fresh Air Circuits	Ciaran	Fresh Gym Outdoor	Fresh Air
	09.30 am - 10.15 am	Dance Fit	Vicky	Fresh Gym Studio	FS App
	10.30 am - 11.00 am	Beginner Spin	Ellie	Spin Studio	FS App
	11.00 am - 12.00 pm	Yoga	Emma	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Team	Fresh Gym Outdoor	FS App
	18.00 pm - 19.00 pm	Beginners Pilates	Muna	Fresh Sports Centre	FS App
	19.00 pm - 19.45 pm	Fresh Air Circuits	Gary	Fresh Sports Centre	Fresh Air
	19.00 pm - 20.00 pm	Yoga	Tamara	Fresh Gym Studio	FS App
	19.00 pm - 20.00 pm	Boxing Fit	Jess	Fresh Sports Centre	FS App
FRI	09.15 am - 10.00 am	Freestyle	Jules	Fresh Gym Studio	FS App
	10.15 am - 11.00 am	Spinning	Gary	Spin Studio	FS App
	11.15 am - 12.15 pm	Pilates	Sarah	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Team	Fresh Gym Outdoor	FS App
	18.00 pm - 18.45 pm	Spinning	Muna	Spin Studio	FS App
Sat	08.30 am - 09.15 am	Fresh Air Beginners Circuits	Jeff	Fresh Gym Outdoor	FS App and Fresh Air
	09.00 am - 10.00 am	Boxing Fit	Sarah	Fresh Sports Centre	FS App
	09.30 am - 10.15 am	Tone45	Ildi	Fresh Gym Studio	FS App
	10.00 am - 10.45 am	Fresh Air Circuits	Gary/Jules	Laleham Park	Fresh Air
SUN	09.05 am - 10.05 am	Beginners Yoga	Roxanne	Fresh Gym Studio	FS App
	09.30 am - 10.15 am	Spinning	Muna	Spin Studio	FS App
	10.15 am - 11.15 am	Yoga	Fiona	Fresh Gym Studio	FS App