

CLASS TIMETABLE

Dec-23

ENQUIRIES CALL 01932 225953

LOCATION KEY White = Fresh Gym & Studio

Pink = Fresh Sports Centre, Thamesmead

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

Book using FitSense App (FS App)

BOOKING APP KEY

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
	09.15 am - 10.00 am	Dance Fit	Vicky	Fresh Gym Studio	FS App
	10.30 am - 11.30 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	Spinning	Rach	Spin Studio	FS App
	18.10 pm - 18.55 pm	Body Blast	Carolina	Fresh Sports Centre	FS App
	19.15 pm - 20.00 pm	Spinning	Jules	Spin Studio	FS App
	19.15 pm - 20.00 pm	HiIT Fit	Will	Fresh Sports Centre	FS App
	19.15 pm - 20.15 pm	Yoga	Fiona	Fresh Sports Centre	FS App
TUES	09.30 am - 10.15 am	Fresh Air Circuit	Will	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
	11.15 am - 12.15 pm	Yoga (Beginners Welcome)	Karen	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	Zumba	Glen	Fresh Sports Centre	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-Outdoor area	Fresh Air
	19.00 pm - 19.45 pm	Spinning	Muna	Spin Studio	FS App
19.00 pm - 19.45 pm	Boxing Fit	Sue	Fresh Sports Centre	FS App	
WED	09.00 am - 09.45 am	Body Blast	Sam	Fresh Gym Studio	FS App
	09.30 am - 10.15 am	Spinning	Jules	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	Avril	Fresh Sports Centre	FS App
	18.00 pm - 18.45 pm	Spinning	Rach	Spin Studio	FS App
	19.00 pm - 20.00 pm	Zumba	Carolina	Fresh Sports Centre	FS App
	19.00 pm - 20.00 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
	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
	18.30 pm - 19.00 pm	Express Spinning	Sam	Spin Studio	FS App
	19.00 pm - 19.45 pm	Fresh Air Circuits	Gary	Fresh Gym Outdoor	Fresh Air
	19.00 pm - 20.00 pm	Yoga	Tamara	Fresh Gym Studio	FS App
	19.00 pm - 20.00 pm	Box and Tone	Sarah	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 - 13.15 pm	Pilates	Sarah	Fresh Gym Studio	FS App
	12.30 pm - 13.00 pm	Lunch Time Circuits	Fitness Team	Fresh Gym Outdoor	FS App
SAT	08.30 am - 09.15 am	Fresh Air Circuit (Beginners Welcome)	Fitness Team	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	Avril	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	Yoga (Beginners Welcome)	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	Heena	Fresh Gym Studio	FS App