

CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	6.30 - 7.15 Bootcamp		6.30 - 7.15 S&C		6.30 - 7.15 Cardio Strength	
		09:15 - 10:00 Bootcamp			09:15 - 10:00 Cardio Strength	9:00 - 10:00 Cardio Strength
						10:00 - 11:00 Strong Bastards
Evening	17:00 - 17:30 HIIT	17:00 - 17:30 HIIT	17:00 - 17:45 Bootcamp	17:00 - 17:30 HIIT	17:00 - 17:30 HIIT	
	17:30 - 18:30 S&C	17:30 - 18:00 HIIT	17:45 - 18:45 S&C	17:30 - 18:00 Bootcamp	17:30 - 18:00 Bootcamp	
	18:30 - 19:00 HIIT	18:00 - 19:00 Strong Bastards				

UNIT 29 FITNESS
4 PHOENIX ROAD, CROWTHER,
WASHINGTON
NE38 0AD



NO ONLINE BOOKING.
TURN UP TO ANY CLASS, ANYTIME.

UNIT29FITNESS.COM