

# YMCA Gym Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vibe Cycle 08:00 - 08:45		Functional Exercise 08:30 - 09:15		Vibe Cycle 08:00 - 08:45
Functional Exercise 09:00 - 09:45		Kettlercise 09:30 - 10:15	Boxercise* 09:00 - 09:45	
Mature Movers 10:00 - 10:45			Mature Movers 10:00 - 10:45	
	Paddle Boarding 11:00 - 12:00			
Core & Stretch 12:45 - 13:15	HIIT 12:45 - 13:15	Body Blitz 12:45 - 13:15	Ab Express 12:45 - 13:15	HIIT 12:45 - 13:15
Table Tennis** 14:00 - 14:45				Kayak Hire 14:00 - 16:00
Table Tennis** 15:00 - 15:45			Badminton 15:00 - 15:45	
	Kids Climbing 16:00 - 16:45	Functional Exercise 16:00 - 16:45	Badminton 16:00 - 16:45	
Ab Express 17:15 - 17:45	Legs, Bums & Tums 17:15 - 17:45	Kids Climbing 17:00 - 17:45	Kids Archery (8+) 17:00 - 17:45	Functional Exercise 16:00 - 16:45
	Kettlercise 18:00 - 18:45	Adult Climbing 18:00 - 18:45	Adult Archery 18:00 - 18:45	

\*Boxing gloves and pads not provided. Visors, boxing gloves and pads to be brought and worn whilst participating.

\*\*Self led class

Opening hours:

Monday - Thursday: 09:00 - 19:00

Friday: 09:00 - 17:00