



# THE FORT GYM

August

2020

Day	Time	Class	Class Type	Instructor
Monday	07:00-07:45	HIIT & Abs	OUTDOOR	Ozzie
	08:30-09:00			
	09:15-10:00	Total Body Conditioning	High Impact	Holly
	11:30-12:00			
	12:00-12:30			
	12:45-13:30	Legs,Bums & Tums	High Impact	Leo
	17:00-17:30			
	17:55-18:55			
	19:00-20:00	HIIT & Abs	OUTDOOR	Ozzie
	19:00-20:00			
	20:00-21:00	Dynamic Yoga	Mind & Body	Luisa

Day	Time	Class	Class Type	Instructor
Tuesday				
	09:30-10:30	Yoga	Mind & Body	Laura
	09:30-10:00			
	13:00-13:45	Freestyle Pump	High Impact	Leo
	16:45-17:15			
	18:15-19:00			
	19:00-19:45	Freestyle Pump	High Impact	Leo
	20:15-21:00	Ballet Fusion	Mind & Body	Luke

Day	Time	Class	Class Type	Instructor
Wednesday	06:15-07:00	Legs,Bums & Tums	High Impact	Liz
	10:00-11:00			
	12:45-13:30	HIIT & RUN	OUTDOOR	Ozzie
	17:00-17:30			
	18:00-19:00			
	18:00-19:00			
	19:00-19:45	Legs,Bums & Tums	High Impact	Liz
	20:00-21:00	Pilates	Mind & Body	Auste

Day	Time	Class	Class Type	Instructor
Thursday	06:30-07:15			
	09:15-10:00	Rebound	Low Impact	Holly
	12:45-13:30	HIIT & Spin	High Impact	Luke
	18:15-18:45			
	18:30-19:15	Stretch & Core	Low Impact	Holly
	19:30-20:30			

Day	Time	Class	Class Type	Instructor
Friday	06:45-07:30			
	10:45-11:45			
	13:00-13:45	Ballet Fusion	Mind & Body	Luke

Day	Time	Class	Class Type	Instructor
Saturday	09:00-09:55			
	10:00-11:15	Hatha Yoga	Mind & Body	Laura
	11:30-12:30			

Day	Time	Class	Class Type	Instructor
Sunday	09:00-10:00	HIIT	High Impact	Sheena
	10:00-11:00			
	11:00-12:00			

All indoor classes have a capacity of 10 and must be booked in Fitsense App

Members will not be allowed into the class 5 mins after it has started

Myzone Belts Can be purchased online Myzone.org use code TFGUK001 for £50 discount