CLASS TIMETABLE

KING'S GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	6AM - 6.45AM **UPPER CORE & CARDIO** NATHAN	6AM - 6.45AM **COMPLETION** NATHAN	6AM - 6.45AM **LEG DAY** NATHAN	6AM - 6.45AM **PURE HIIT** NATHAN		10AM - 11AM **SAVAGE SATURDAY** NATH & ARRON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVENING	6.30PM - 7.15PM **BRUTAL BOOTCAMP** ARRON	6.30PM - 7.15PM **GLUTECAMP** ARRON	6.30PM - 7.15PM **HIIT FIT** ARRON	6.30PM - 7.15PM **BOXFIT & CORE** ARRON		

FREE TO ALL KINGS MEMBERS
£5 CLASS PASS AVAILABLE FOR NON MEMBERS