

CGX PHASE ONE TIMETABLE

More classes coming September

* Special phase 1 membership offer : one month unlimited membership £20*

STUDIO & CYCLE CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING CLASSES		CGX COMBAT 7.30 - 8.15		CGX BOOTCAMP 7.30 - 8.15	BODYPUMP 7.30 - 8.15
		RPM (v) 8.45 - 9.30		RPM (v) 8.45 - 9.30	THE TRIP (v) 8.45 - 9.30
		SPRINT (v) 11.30 - 12.00	SPRINT (v) 11.30 - 12.00	SPRINT (v) 11.30 - 12.00	SPRINT (v) 11.30 - 12.00
LUNCH CLASSES		BODYPUMP 12.15 - 13.00	CGX HIIT 12.15 - 13.00	FITNESS PILATES 12.15 - 13.00	CGX TONE & SHAPE 12.15 - 13.00
		THE TRIP (v) 12.30 - 13.15	RPM (v) 12.30 - 13.15	THE TRIP 12.30 - 13.15	RPM (v) 12.30 - 13.15
AFTERNOON/ EVENING CLASSES		SPRINT (v) 16.45 - 17.15	LBT 17.30 - 18.15	RPM (v) 17.00 - 17.45	
		CGX STEP 17.30 - 18.15	THE TRIP 18.45 - 19.30		
	BODYPUMP 18.30 - 19.30	CGX BARRE FUSION 18.30 - 19.15	CGX COMBAT 18.30 - 19.15		
		THE TRIP 19.00 - 19.45			

BOOKABLE GYM SESSIONS

	Monday	Tuesday	Wednesday	Thursday	Friday
		7.15 - 8.15		7.15 - 8.15	7.15 - 8.15
		10.00 - 11.00	10.00 - 11.00	10.00 - 11.00	10.00 - 11.00
		13.45 - 14.45	13.45 - 14.45	13.45 - 14.45	
		15.15 - 16.15	15.15 - 16.15	15.15 - 16.15	
	17.00 - 18.00	17.45 - 18.45	17.00 - 18.00		
	18.30 - 19.30				

CLASSES WILL BE HELD ON THE ROOFTOP STUDIO WEATHER PERMITTING

We are operating a strict booking system - all classes and gym sessions must be booked , you will be refused admittance without a booking .

CLASS CANCELLATIONS

- if you can no longer attend a class or gym session you have booked please cancel ASAP to allow somebody else to be offered a space.
- If no bookings have been taking for a class by the following timeframes they will be cancelled and taken off the timetable for that day :
 - Lunchtime classes will be cancelled if no one has booked on by 9.30 the same day
 - Evening classes will be cancelled if no one has booked on by 16.00 the same day
 - Early morning classes will be cancelled if no one has booked on by 22.00 the previous day.

We appreciate your loyalty and cooperation during these times.