

THE BOX

GYM AND SPA

weekly timetable

monday

tuesday

wednesday

thursday

friday

saturday

sunday

pilates

10.00am - 11.00am
instructor
Gary

boot camp

5.00pm - 5.45pm
instructor
Jess

circuits

6.00pm - 6.45pm
instructor
Jess

yoga

7.00pm - 8.00pm
instructor
Sarah

pilates

6.00pm - 6.45pm
instructor
Alison

circuits

7.15pm - 8.00pm
instructor
Emily

liit

(low intensity interval training)
10.30am - 11.00am
instructor
Ben

hiit

(high intensity interval training)
6.00pm - 6.45pm
instructor
Jess

pilates

9.30am - 10.15am
instructor
Alison

spin

6.00pm - 6.45pm
instructor
Ben

circuits

7.15pm - 8.00pm
instructor
Ben

yoga

10.00am - 11.00am
instructor
Sarah

boot camp

6.00pm - 6.45pm
instructor
Gym Staff

boot camp

9.00am - 9.45am
instructor
Gym Staff