

THE BOX

GYM AND SPA

weekly timetable

monday

pilates

10.00am - 10.45am
instructor
Gary

bootcamp

5.00pm - 5.45pm
instructor
Jess

bootcamp

6.00pm - 6.45pm
instructor
Jess

yoga

7.00pm - 8.15pm
instructor
Sarah

tuesday

Run Club

6.30am - 7.15am
instructor
Ben

pilates

6.00pm - 6.45pm
instructor
Gary

bootcamp

7.15pm - 8.00pm
instructor
Emily

wednesday

liit

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

hiit

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

bootcamp

7.15pm - 8.00pm
instructor
Jess

thursday

pilates

9.30am - 10.15am
instructor
Gary

kettlebells

6.00pm - 6.45pm
instructor
Ben/Ange

spin

7.15pm - 8.00pm
instructor
Ben/Ange

friday

yoga

10.30am - 11.15am
instructor
Sarah

spin

6.15pm - 7.00pm
instructor
Gym Staff

saturday

hiit

(high intensity interval training)
9.00am - 9.45am
instructor
Gym Staff

pilates

11.00am - 11.45am
instructor
Gary

sunday

bootcamp

11.00am - 11.45am
instructor
Gym Staff