

THE BOX

GYM AND SPA

WEEKLY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10.00AM - 11.00AM PILATES WITH GARY	9.30AM - 10.30AM DANCE AEROBICS WITH NIKKI	10.30AM - 11.00AM LIIT WITH EMILY	9.30AM - 10.30AM PILATES WITH GARY	9.15AM - 10.15AM DANCE AEROBICS WITH NIKKI	9.00AM - 9.45AM HIIT WITH GYM STAFF	10.00AM - 10.45AM BOOTCAMP WITH GYM STAFF
5.00PM - 5.45PM BOOTCAMP WITH JESS	5.00PM - 5.45PM BOOTCAMP WITH EMILY	6.00PM - 6.45PM HIIT WITH JESS	6.00PM - 7.00PM SPIN & ABS WITH ANGELA	10.30AM - 11.45PM YOGA WITH SARAH	11.00AM - 12.00PM PILATES WITH GARY	
6.00PM - 6.45PM BOOTCAMP WITH JESS	6.00PM - 6.45PM PILATES WITH GARY	7.15PM - 8.00PM HIIT WITH JESS		12.30PM - 1.15PM LBT WITH GYM STAFF		
7.00PM - 8.15PM YOGA WITH SARAH						

FOR MORE INFORMATION ON ANY OF OUR SESSIONS,
PLEASE SPEAK TO A MEMBER OF OUR TEAM INSIDE

KILNWICK PERCY
RESORT & GOLF CLUB