

THE BOX

GYM AND SPA

2025

WEEKLY TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30AM - 7.15AM BOOTCAMP WITH GYM STAFF	9.30AM - 10.30AM DANCE AEROBICS WITH NIKKI	6.30AM - 7.15AM BOOTCAMP WITH GYM STAFF	9.30AM - 10.15AM BEGINNER PILATES WITH CAROLINE	6.30AM - 7.15AM BOOTCAMP WITH GYM STAFF	9.00AM - 9.45AM HIIT WITH GYM STAFF	10.00AM - 10.45AM BOOTCAMP WITH GYM STAFF
9.00AM - 9.30AM LIIT WITH GYM STAFF	5.00PM - 5.45PM BOOTCAMP WITH GYM STAFF	9.45AM - 10.15AM LIIT WITH GYM STAFF	10.30AM - 11.15AM INTERMEDIATE PILATES WITH CAROLINE	9.15AM - 10.15AM STEP AEROBICS WITH NIKKI	12.00PM - 12.45PM PILATES WITH AMY	
10.00AM - 10.45AM PILATES WITH CAROLINE		10.30AM - 11.30AM VINYASSA YOGA WITH SARAH	6.00PM - 6.45PM BOOTCAMP WITH GYM STAFF	10.30AM - 11.45AM HATHA YOGA WITH SARAH		
5.00PM - 5.45PM BOOTCAMP WITH GYM STAFF		6.00PM - 6.45PM HIIT WITH GYM STAFF		5.00PM - 6.00PM NON-STOP BOOTCAMP WITH GYM STAFF		
6.00PM - 6.45PM BOOTCAMP WITH GYM STAFF		7.15PM - 8.00PM HIIT WITH GYM STAFF				
7.00PM - 8.15PM HATHA YOGA WITH SARAH						

FOR MORE INFORMATION ON ANY OF OUR CLASSES
PLEASE SPEAK TO A MEMBER OF THE GYM TEAM