



# Class Timetable

| TIME    | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| 4.00 PM |        |         |           |          |        |          |        |
| 6.00 PM |        |         |           |          |        |          |        |
| 6.30 PM |        |         |           |          |        |          |        |

- X-CELL: We recommend bookings to avoid disappointment as spaces are limited and booked attendees will be given priority
- Bookings are available via our website or through the Plus Fitness app available free via the App store or Google play
- Access, services, times and conditions may vary and change upon location. Check with your local club prior to joining

**Please Remember:**