



Plus Fitness 24/7 Marleston

Class Timetable

**UNLIMITED X-CELL CLASSES
INCLUDED IN YOUR
MEMBERSHIP**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
7:00 AM	X-CELL L.A.B		X-CELL CORE				
8:00 AM						MASTER CLASSES BOXING	
9:00 AM		X-CELL L.A.B			MASTER CLASSES BOXING		
AFTERNOON							
5:30 PM	MASTER CLASSES FAT BURNER						
6:00 PM	X-CELL H.I.I.T			X-CELL H.I.I.T			
6:30 PM		X-CELL STRONG					

Please Remember:

- Classes Access Card must be presented to the instructor prior to every class.
- 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.

*Additional charges may apply for some class formats. (Master Classes)