



Plus Fitness Frenchs Forest Class Timetable

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
6:00							
6:30		X-CELL H.I.I.T		X-CELL H.I.I.T			
10:00	X-CELL L.A.B		X-CELL H.I.I.T	X-CELL CORE	X-CELL H.I.I.T		
10:45	X-CELL CORE	X-CELL H.I.I.T	X-CELL CORE		X-CELL L.A.B		
AFTERNOON/EVENING							
12:15	X-CELL H.I.I.T	X-CELL CORE	X-CELL L.A.B	X-CELL H.I.I.T	X-CELL CORE		
2:00							
4:00							
6:00	X-CELL H.I.I.T	X-CELL CORE		X-CELL H.I.I.T			
7:00							
8:00							

**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)