

GYM ONLY OPENING HOURS

MON - THURS 09:00 - 20:00
 FRI 09:00 - 19:00
 SAT 09:00 - 12:00


TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

AM
EVO BOOTCAMP
 05:30 - 06:10

EVO BOOTCAMP
 06:15 - 06:55

EVO BOOTCAMP
 05:30 - 06:10

EVO BOOTCAMP
 06:15 - 06:55

EVO BOOTCAMP
 05:30 - 06:10

EVO BOOTCAMP
 06:15 - 06:55

LADIES ONLY
 08:00 - 09:00

RUN / CYCLE CLUB
 10:00 - 10:40
 EVERY 3RD SUNDAY
PM
**FUNCTIONAL
 CIRCUITS**
 18:30 - 19:10

BARBELL
 19:15 - 20:00

BOXERCISE & ABS
 18:15 - 19:00

**FUNCTIONAL
 FITNESS**
 18:30 - 19:10

BOOTCAMP
 18:30 - 19:10
FEVOGYM.CO.UK