

FIT FAM WEEKEND TIMETABLES



FIT FAM WEEKEND

ASHTON TIMETABLE

11TH APRIL
9AM

COMPOUND
CLINIC

GYM

11TH APRIL
10:30AM

FAMILY
SESSION

GYM

11TH APRIL
11AM

FAMILY FUN

POOL

11TH APRIL
11:45AM

KIDS
DANCE

STUDIO 1

11TH APRIL
12:20PM

KIDS
FITNESS

STUDIO 1

12TH APRIL
9:30AM

FAMILY
SESSION

GYM

12TH APRIL
11AM

FAMILY FUN

POOL

12TH APRIL
2PM

KIDS
FITNESS

STUDIO 1

FIT FAM WEEKEND

BURY TIMETABLE

11TH APRIL
9AM

FAMILY
CYCLE

CYCLE STUDIO

11TH APRIL
9:45AM

FAMILY
CIRCUIT

OUTDOORS

11TH APRIL
2PM

FAMILY
CIRCUIT

OUTDOORS

11TH APRIL
4PM

POOL
PARTY

POOL

12TH APRIL
2PM

FAMILY
CIRCUIT

OUTDOORS

12TH APRIL
4PM

POOL
PARTY

POOL

FIT FAM WEEKEND

COVENTRY TIMETABLE

11TH APRIL
11AM

FAMILY BOX
N BURN

BURN STUDIO

11TH APRIL
1:30PM

CHILDREN'S
YOGA

WELLNESS

11TH APRIL
2PM

FAMILY
CIRCUIT

STUDIO 2

11TH APRIL
3PM

GYM FOR 14-15
YEARS

GYM

12TH APRIL
2PM

FAMILY
CIRCUIT

STUDIO 2

FIT FAM WEEKEND

HYDE TIMETABLE

11TH APRIL
9AM

KIDS DANCEFIT
(6-14 YRS)

WELLNESS

11TH APRIL
9:35AM

KIDS FITNESS
(8-12 YRS)

GYM

11TH APRIL
3PM

KIDS
SPLASH

POOL

12TH APRIL
11:15AM

KIDS YOGA
(4-9 YRS)

STUDIO 1

12TH APRIL
3PM

KIDS
SPLASH

POOL

FIT FAM WEEKEND

ST DAVIDS TIMETABLE

11TH APRIL
11AM

MINI
HYROX

BURN

11TH APRIL
12PM

FAMILY
CYCLE

CYCLE

12TH APRIL
1:30PM

KIDS
PILATES

WELLNESS

12TH APRIL
2:15PM

KIDS
SPLASH

POOL

FIT FAM WEEKEND

NOTTINGHAM TIMETABLE

11TH APRIL
9:30AM

FAMILY
CIRCUITS

HYROX

12TH APRIL
11:30AM

TEEN
FITNESS

GYM

12TH APRIL
11AM

TEEN
FITNESS

GYM

FIT FAM WEEKEND

WATFORD TIMETABLE

11TH APRIL
9AM

**FAMILY
FUN SWIM**

POOL

11TH APRIL
12PM

**TEEN FITNESS
(11-15 YRS)**

GYM

11TH APRIL
1:30PM

**FAMILY
CIRCUIT**

BURN

12TH APRIL
9AM

**FAMILY
FUN SWIM**

POOL

12TH APRIL
3PM

**TEEN
GYM**

BURN