

# OUTDOOR CLASS TIMETABLE

MONDAY		TUESDAY		WEDNESDAY	
TIME	CLASS	TIME	CLASS	TIME	CLASS
09:15 - 10:00	Body Conditioning	09:15 - 10:00	Body Conditioning	09:15 - 10:00	Body Conditioning
17:45 - 18:30	HIIT	17:45 - 18:30	HIIT	17:45 - 18:30	Boot Camp
18:30 - 19:15	Boot Camp	18:30 - 19:15	Circuits	18:30 - 19:15	HIIT

  

THURSDAY		FRIDAY		SATURDAY	
TIME	CLASS	TIME	CLASS	TIME	CLASS
09:15 - 10:00	Body Conditioning	09:15 - 10:00	Body Conditioning	09:30 - 10:15	Boot Camp
17:45 - 18:30	Circuits				
18:30 - 19:15	Boot Camp				

**BOOK YOUR CLASS ONLINE AT [HOEBRIDGEGC.CO.UK/CLASSES](https://hoebridgegc.co.uk/classes)  
AND CLICK 'BOOK A CLASS'**

TO BOOK ONLINE, YOU MUST HAVE REGISTERED YOUR MEMBERSHIP DETAILS.  
IF YOU NEED ASSISTANCE REGISTERING, PLEASE EMAIL [FITNESS@HOEBRIDGEGC.CO.UK](mailto:fitness@hoebridgegc.co.uk).