



Freestyle 360

INDOOR & OUTDOOR GYM

Summer Timetable 2018



360 Summer timetable

MONDAY	06:15 - 07:00	Early Spin
	09:00 - 10:00	BodyMAX
	10:30 - 11:30	Pilates (Intermediate)
	11:45 - 12:45	Pilates (Advanced)
	13:00 - 14:00	Pilates (Intermediate)
	17:00 - 17:45	Circuits
	17:45 - 18:45	Club Spin
TUESDAY	09:00 - 10:00	Spin Step
	09:30 - 10:30	Barre Concept
	10:30 - 11:30	Pilates
	14:00 - 14:45	Spin
	16:30 - 17:30	Seniors
	17:30 - 18:15	Spin,
	17:30 - 18:30	Netball
	18:30 - 19:30	Battleropes
	19:30 - 20:30	Sculpt
WEDNESDAY	09:00 - 10:00	HIIT
	17:45 - 18:30	HIIT Step
	18:30 - 19:30	Club Spin
THURSDAY	07:00 - 08:00	Early Spin
	09:00 - 10:00	360 Circuits
	09:00 - 10:00	Strength, Balance & Mobility
	10:30 - 11:30	Seniors
	17:30 - 18:30	Teenage Training
	18:00 - 19:00	360 SLAM
	18:30 - 19:30	Stretch & Mobility
	19:00 - 20:00	Battleropes
FRIDAY	09:00 - 10:00	Tone & Condition,
	09:00 - 10:00	360 SLAM
	17:45 - 18:45	360 Box
SATURDAY	08:10 - 08:30	Tabata
	08:30 - 09:30	Cyclone Spin
	09:30 - 10:30	360 Boxing
SUNDAY	09:30 - 10:30	Circuit Training

How to book:

- Online - freestyle360.co.uk
- via our free member app
- over the phone

Pilates/Barre Concept

Pilates and Barre Concept are not included in any membership packages and do not run during the school holidays. Please contact the instructor directly for more information:

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