

360 PRICES

Personal Training

Master Trainer	£60
Advanced Trainer	£40 £50 (Twin) 6 Week Programme Review £20
MyZone Belt	£79.99
360 DNAFit	Various packages ranging from £149 - £249
360 Altitude Training	½ hr session £10 or £20 with instructor (<i>Mask £30</i>)

Sport & remedial massage

Treatment (1 hour)	£40
Treatment (1/2 hour)	£25

Freestyle 360 Gym

	Adults		Children	Student/Senior
	1st	2nd		
Joining fee (<i>Per booking</i>)	£25			
Unlimited gym use	£39	£27	£20	£29
Unlimited gym use + classes	£50	£36	£22	£35
Weekend gym use	£28	£18		£22
Adult week pass	£17.50			
Student week pass	£12.50			
Obstacle course - day use*	£11		£9	
Pay-as-you-go (<i>Gym/Classes</i>)	£7.50			£6
Barre Concept**	£10 (<i>£8 to 360 members</i>)			
Body control Pilates**	£12 (<i>£60 for a block of 6 sessions</i>)			

- Monthly membership is for a minimum of 3-months and payable by card.
- Children under 16 years must have parent's consent before using facilities.
- Children under 13 years must be accompanied by an adult.

* For large group bookings please get in touch

**Independently run classes. Please contact cotswoldpilates@gmail.com



Freestyle 360

INDOOR & OUTDOOR GYM

For all enquires or to make a booking, call or email...

T: 01386 700039 / info@freestyle360.co.uk

360 Spring/Summer

360 Orange

TRAIN LESS BURN MORE

MONDAY	06:15 - 07:00	RISE for Spin	🕒
	09:00 - 10:00	Body Core Fusion	•
	10:00 - 11:00	Group PT	
	10:30 - 11:30	Pilates (Intermediate)	
	11:45 - 12:45	Pilates (Advanced)	
	13:00 - 14:00	Pilates (Intermediate)	
	17:00 - 17:45	Family Circuits	
	17:45 - 18:45	360 Spinergy	•
	18:00 - 19:00	Group PT	•
TUESDAY	06:15 - 07:00	RISE for Circuits	🕒
	09:00 - 10:00	Spin Step Fusion	•
	09:30 - 10:30	Barre Concept	
	16:30 - 17:30	Seniors	
	17:30 - 18:30	Sport Spin	•
	18:30 - 19:30	Battleropes	•
WEDNESDAY	06:15 - 07:00	RISE for Spin	🕒
	09:00 - 10:00	Calisthenics	
	NEW 09:00 - 10:00	KickBoxCore	•
	17:45 - 18:30	HIIT Step II	•
	18:30 - 19:30	360 Spinergy	•
THURSDAY	06:15 - 07:00	RISE for Circuits	🕒
	09:00 - 10:00	360 Circuits	
	09:00 - 11:00	Bootcamp (May-July)	
	18:00 - 19:00	Battle Slam Fusion	•
	18:00 - 19:00	Stretch & Mobility	
FRIDAY	06:15 - 07:00	RISE for Spin	🕒
	09:00 - 10:00	Womens Body Conditioning	
	09:00 - 10:00	Slam Abs Fusion	•
	17:45 - 18:45	360 Box	•
SATURDAY	08.30 - 09:30	Cyclone Spin	•
SUNDAY	09:30 - 10:30	Circuit Training	•

Freestyle360 RISE

🕒 *New early morning classes for those who struggle with time or just want to get it done!*

360 Orange Classes

• *With MyZone tracking. Everyone welcome with or without MyZone.*

How to book:

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

Pilates/Barre Concept

These classes are independently run and scheduled in term time only. Please contact the instructor for more information:

Rebecca Cullinane

M: 07734 934751

cotswoldspilates@gmail.com

Please keep an eye on our live timetable for updates.

freestyle360.co.uk

T: 01386 700039



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INDOOR & OUTDOOR GYM