

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 (Mask £30)		

Sport & remedial massage

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

Freestyle 360 Gym

	Adults		Children	Student/Senior
	1st	2nd		
Joining fee (Per booking)	£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 (Gym/Classes)	£7.50			£6
Barre Concept**	£10 (£8 to 360 members)			
Body control Pilates**	£12 (£60 for a block of 6 sessions)			

- 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



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

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

Freestyle 360

INDOOR & OUTDOOR GYM

360 Winter timetable

MONDAY	06:15 - 07:00	RISE for Spin	🔒
	09:00 - 10:00	Body Core Fusion	•
	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	•
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	HIIT Resist Fusion	•
	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 - 10:00	Strength, Balance & Mobility	
	18:00 - 19:00	Battle Slam Fusion	•
	18:30 - 19:30	Stretch & Mobility	
	NEW 19:00 - 20:00	Calisthenics	
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	•

360 Orange

TRAIN LESS BURN MORE

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

freestyle360.co.uk

T: 01386 700039



Freestyle 360

INDOOR & OUTDOOR GYM