

360 PRICES

Personal Training

Master Trainer	£60		
Advanced Trainer	£40	£50 (Twin)	6 Week Programme Review £20
MyZone Belt	£79.99		
360 Altitude Training	½ hr session	£10 or £20 with instructor	(Mask £30)

Sport & remedial massage

Treatment (1 hour)	£45
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 Autumn/Winter 2019

MONDAY	06:15 - 07:00	RISE for Spin	🕒
	09:00 - 10:00	BodyCore 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	Spinergy	
	18:00 - 19:00	Group PT	

TUESDAY	06:15 - 07:00	RISE for Circuits	🕒
	09:00 - 10:00	SpinStep Fusion	
	09:30 - 10:30	Barre Concept	
	16:00 - 17:00	Seniors	
	17:30 - 18:30	Sport Spin	
	18:30 - 19:30	BattleSlam Fusion	
NEW	18:30 - 19:30	ShapeUp (Women only)	

WEDNESDAY	06:15 - 07:00	RISE for Spin	🕒
	NEW 09:00 - 10:00	Pump'T	
	09:00 - 10:00	KickBoxCore	
	17:45 - 18:30	HIIT Step II	
	18:30 - 19:30	Spinergy	

THURSDAY	06:15 - 07:00	RISE for Circuits	🕒
	09:00 - 10:00	Circuits with Matt	
	NEW 18:00 - 19:00	Pump'T	

FRIDAY	06:15 - 07:00	RISE for Spin	🕒
	09:00 - 10:00	Women's Body Conditioning	
	09:00 - 10:00	SlamAbs Fusion	
	NEW 17:45 - 18:30	Core Kettlebell Fusion	
	17:45 - 18:45	360 Box	

SATURDAY	08.30 - 09:30	Cyclone Spin	
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SUNDAY	09:30 - 10:30	Circuit Training	
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360 RISE

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

How to book:

- Freestyle360.co.uk
- Via our member app Glofox
- 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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