



FITNESS & NUTRITION

MATERNITY / SUMMER TIMETABLE

Week 5 (29th July to 3rd August)

Week 7 (12th August to 17th August)

Week 9 (26th August to 31st August)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		PEDALFIT 06:30-07:15		PEDALFIT 06:30-07:15	SUPERFIT 09:00-10:00
				CIRCUITFIT 10:00-11:00	
BOXFIT 19:00-20:00	BOOTCAMP 18:30-19:30	CARDIOCORE 18:30-19:15	BODYFIT 18:30-19:30	CIRCUITFIT 18:30-19:30	
		PEDALFIT 19:15-20:00	BURNFIT 19:30-20:00		

Please note closure dates of Monday 8th July until Saturday 20th July for maternity/paternity.
 ACE will still run during this period of time (ACE July starts on Monday 1st July – to sign up speak to James or message CrewFit with target mileage etc.).
 Any passes with days remaining during the closure will be updated as usual upon the gym reopening.
We appreciate your cooperation and support during this special time for us – James & Claire.



FITNESS & NUTRITION

MATERNITY / SUMMER TIMETABLE

Week 6 (5th August to 10th August)

Week 8 (19th August to 24th August)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		PEDALFIT 06:30-07:15		PEDALFIT 06:30-07:15	BOOTCAMP 09:00-10:00
				CIRCUITFIT 10:00-11:00	
TOTALFIT 19:00-20:00	POWERFIT 18:30-19:30	BOXFIT 18:30-19:15	NAVY/BURNFIT 18:30-19:30	CIRCUITFIT 18:30-19:30	
		PEDALFIT 19:15-20:00	COREFIT 19:30-20:00		

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