



# CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Afternoon			4pm - 4.45pm Kids Boot Camp (Term time only)			
Evening	7pm – 7.45pm Conditioning	7pm – 7.45pm Circuits	7pm – 7.45pm Legs Bums and Tums	7pm – 7.45pm Boxing		9am - 10am Xtreme Boot Camps Gym or the Rec*
	6.30pm - 7.30pm Xtreme Boot Camps Home Guard Club*		6.30pm - 7.30pm Xtreme Boot Camps Home Guard Club*		6.30pm - 7.30pm Xtreme Boot Camps Xtreme Gyms*	

\*Add Xtreme Boot Camps to your gym membership for £20 a month

Valid from 31 August 2022.