

CLASS TIMETABLE

RXGYM

West Didsbury

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:30 - 12:00	6:30 - 7:00 Rx HIIT (RxGym)	6:30 - 7:00 Rx HIIT (RxGym)	6:30 - 7:00 Rx HIIT (RxGym)	6:30 - 7:00 Rx HIIT (RxGym)	6:30 - 7:00 Rx HIIT (RxGym)	9:00 - 10:00 Intro to CrossFit (RxBox)	8:45 - 9:45 Rx Yoga (RxBox)
		6:30 - 7:00 LesMills Virtual Sprint (RxGym)	6:30 - 7:00 LesMills Virtual RPM (RxGym)	6:30 - 7:00 LesMills Virtual Sprint (RxGym)	6:30 - 7:00 LesMills Virtual RPM (RxGym)	6:30 - 7:00 LesMills Virtual Sprint (RxGym)	9:00 - 9:30 Rx HIIT (RxGym)	9:00 - 9:45 Rx Strength (RxGym)
		7:00 - 7:30 LesMills Virtual RPM (RxGym)	7:00 - 7:30 LesMills Virtual Sprint (RxGym)	7:00 - 7:30 LesMills Virtual RPM (RxGym)	7:00 - 7:30 LesMills Virtual Sprint (RxGym)	7:00 - 7:30 LesMills Virtual RPM (RxGym)	9:30 - 10:15 Rx Spin (RxGym)	9:15 - 9:45 LesMills Virtual Sprint (RxGym)
		9:30 - 10:15 Rx Spin (RxGym)		9:30 - 10:00 LesMills Virtual Sprint (RxGym)		9:30 - 10:00 LesMills Virtual Sprint (RxGym)	9:30 - 10:00 Rx HIIT (RxGym)	9:45 - 10:30 Rx Strength (RxGym)
							10:30 - 11:00 LesMills Virtual Sprint (RxGym)	10:00 - 10:50 LesMills Virtual RPM (RxGym)
LUNCH TIME	12:00 - 16:00	12:00 - 12:30 Rx HIIT (RxGym)	12:00 - 12:30 Rx Strength (RxGym)	12:00 - 12:30 Rx HIIT (RxGym)	12:00 - 12:30 Rx Strength (RxGym)	12:00 - 12:30 Rx HIIT (RxGym)	12:30 - 13:00 LesMills Virtual Sprint (RxGym)	12:30 - 13:00 LesMills Virtual RPM (RxGym)
		12:30 - 13:00 LesMills Virtual RPM (RxGym)	12:30 - 13:00 LesMills Virtual Sprint (RxGym)	12:30 - 13:00 LesMills Virtual RPM (RxGym)	12:30 - 13:00 LesMills Virtual Sprint (RxGym)	12:30 - 13:00 LesMills Virtual RPM (RxGym)	15:00 - 15:50 LesMills Virtual RPM (RxGym)	15:00 - 15:50 LesMills Virtual Sprint (RxGym)
EVENING	17:00 - 21:30	17:00 - 17:50 LesMills Virtual RPM (RxGym)	17:00 - 17:30 LesMills Virtual Sprint (RxGym)	17:00 - 17:50 LesMills Virtual RPM (RxGym)	17:00 - 17:30 LesMills Virtual Sprint (RxGym)	17:00 - 17:50 LesMills Virtual RPM (RxGym)		
		17:30 - 18:00 LesMills Virtual Sprint (RxGym)	17:30 - 18:00 LesMills Virtual Sprint (RxGym)	17:30 - 18:00 LesMills Virtual Sprint (RxGym)	17:30 - 18:00 LesMills Virtual Sprint (RxGym)	17:30 - 18:00 LesMills Virtual Sprint (RxGym)		
		18:00 - 18:30 Rx HIIT (RxGym)	18:00 - 18:30 Rx Strength (RxGym)	18:00 - 18:30 Rx HIIT (RxGym)	18:00 - 18:30 Rx Strength (RxGym)	18:00 - 18:30 Rx HIIT (RxGym)		
		18:15 - 19:00 Rx Spin (RxGym)	18:00 - 18:30 LesMills Virtual RPM (RxGym)	18:00 - 18:30 LesMills Virtual RPM (RxGym)	18:15 - 19:00 Rx Spin (RxGym)	18:00 - 18:30 LesMills Virtual RPM (RxGym)		
		18:30 - 19:00 Rx HIIT (RxGym)	18:30 - 19:00 Rx Strength (RxGym)	18:30 - 19:00 LesMills Virtual Sprint (RxGym)	18:30 - 19:00 Rx Strength (RxGym)	18:30 - 19:00 LesMills Virtual Sprint (RxGym)		
		19:05 - 19:50 Rx Spin (RxGym)	18:30 - 19:00 LesMills Virtual Sprint (RxGym)	18:30 - 19:00 Rx HIIT (RxGym)	19:05 - 19:50 Rx Spin (RxGym)	18:30 - 19:00 Rx HIIT (RxGym)		
		19:15 - 20:00 Rx Bootcamp (RxGym)	19:15 - 20:00 Rx BoxFit (RxGym)	19:05 - 19:50 LesMills Virtual RPM (RxGym)	19:15 - 20:00 Rx Burn (RxGym)	19:00 - 19:50 LesMills Virtual RPM (RxGym)		
		20:00 - 20:30 LesMills Virtual Sprint (RxGym)	19:30 - 20:15 Rx Spin (RxGym)	19:15 - 20:00 Rx Bootcamp (RxGym)	20:00 - 21:00 Rx Pilates (RxGym)	19:15 - 20:00 Rx Bootcamp (RxGym)		
			20:00 - 21:00 Rx Pilates (RxGym)	20:00 - 20:30 LesMills Virtual Sprint (RxGym)	20:00 - 21:00 Intro to CrossFit (RxBox)	20:00 - 20:30 LesMills Virtual Sprint (RxGym)		
		20:00 - 21:00 Rx Yoga (RxBox)						

- CARDIO & FAT BURN
- STRENGTH & CONDITIONING
- MOBILITY & FLEXIBILITY
- FAT BURN & HIIT
- BODY CONDITIONING & HIIT
- STRENGTH & MUSCLE BUILD
- TRAINING CAMP & BODY CONDITIONING



ALL CLASSES CAN BE BOOKED AND CANCELLED IN THE MEMBERS' AREA OF THE WEBSITE, UP TO 7 DAYS IN ADVANCE. PLEASE ENSURE YOU TURN UP ON TIME. NO ADMITTANCE ONCE A CLASS HAS STARTED. PLEASE NOTE, THIS TIMETABLE IS SUBJECT TO CHANGE.