

Gym Fit 4 Less

Class Timetable

Monday	Time	Duration	Studio	Thursday	Time	Duration	Studio
Indoor Cycle	06:00	45	Cycle	HIIT	06:15	45	Studio
Circuits	08:30	60	Studio	Circuits	09:30	60	Studio
MetaFit	09:30	30	Studio	Yoga	10:30	60	Studio
Pilates	10:30	60	Studio	HIIT	15:30	30	Studio
Pump	11:30	60	Studio	Core	16:15	30	Studio
Indoor Cycle	12:45	45	Cycle	LBT – Ladies Only	17:00	60	Studio
Fat Burner	15:30	45	Studio	Adult Boxing Academy	18:00	60	Studio
HIIT	16:15	30	Studio	Indoor Cycle	18:15	45	Cycle
Circuits	17:00	60	Studio	Insanity	19:00	50	Studio
Fight Klub	18:00	60	Studio	Fight Klub	20:00	45	Studio
Zonefit Cycle	18:00	60	Cycle				
Aerial Yoga (Coming Soon)	19:00	60	Studio	Friday	Time	Duration	Studio
Pound Fit	20:00	60	Studio	Box Fit	06:00	45	Studio
				HIIT	09:30	45	Studio
Tuesday	Time	Duration	Studio	Core	10:15	30	Studio
Circuits	06:30	60	Studio	Circuits	11:30	45	Studio
Fat Burner	08:15	45	Studio	Indoor Cycle	18:00	45	Cycle
HIIT	09:00	30	Studio	Core	18:30	30	Gym
Indoor Cycle	09:30	45	Cycle	Aerial Yoga (Coming Soon)	18:30	60	Studio
Fight Klub	10:15	45	Studio	HIIT	19:00	30	Gym
Body Balance	11:00	60	Studio	Box Fit	19:30	60	Studio
HIIT	16:15	30	Studio				
Circuits	17:00	60	Studio	Saturday	Time	Duration	Studio
Totally Shredded	18:00	45	Studio	Indoor Cycling	08:30	45	Cycle
Indoor Cycle	18:15	45	Cycle	Pump	09:30	60	Studio
Body Con – Ladies Only	19:00	60	Studio				
Pilates	20:00	60	Studio	Sunday	Time	Duration	Studio
				Body Building – Upper Body	11:00	90	Gym
Wednesday	Time	Duration	Studio	Body Building – Lower Body	17:00	90	Gym
Circuits	06:15	45	Studio				
Indoor Cycling	08:30	45	Studio				
Pump	09:30	60	Studio				
Kettlebells	10:30	45	Studio				
TRX	12:30	30	Gym				
Indoor Cycle	18:00	45	Cycle				
20-20-20	19:00	60	Studio				
Zumba	20:00	60	Studio				

HOW TO BOOK CLASSES

1. Use this link to access the online class timetable:
www.supersaas.com/schedule/login/GymFit4LessAylesbury/GF4L_Aylesbury_Class_Timetable
2. Create a new user account
3. Select class you'd like to attend
4. Click 'Create new booking' (mobile) or 'New Booking' (computer), then enter your full name then click 'Create Booking'
5. Attend the class, work hard, enjoy, and have fun! :)
6. Please make sure to cancel via the online system as well if you can't make a class, thanks!