

Gym Fit 4 Less

gymfit4lessaylesbury@gmail.com
01296 398758

Class Timetable

Monday	Time	Duration	Studio	Thursday	Time	Duration	Studio
Indoor Cycle	06:00	45	Cycle	HIIT	06:15	45	Studio
LBT – Ladies Only	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	16:15	30	Studio
HIIT	12:30	30	Studio	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	45	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
Fight Klub	18:00	45	Studio	LBT – Ladies only	09:00	60	Studio
Indoor Cycle	18:15	45	Cycle	Brazilian Jiu Jitsu (Juniors)*	09:00	60	Cage
Body Con – Ladies Only	19:00	60	Studio	Brazilian Jiu Jitsu (Adults)*	10:00	60	Cage
Pilates	20:00	60	Studio	Tiny Tots Kickboxing* £3.50	10:00	30	Studio
				Junior Kickboxing* £4.50	10:30	30	Studio
Wednesday	Time	Duration	Studio	Adult Kickboxing*	11:30	60	Studio
Circuits	06:15	45	Studio	Total Boxer	13:00	60	Studio
Kettlebells	10:30	45	Studio	MMA Circuits	15:00	60	Studio
TRX	12:30	30	Gym	Total Boxer	17:00	60	Studio
Indoor Cycle	18:00	45	Cycle	Bolly Aerobics – Ladies only	18:30	60	Studio
20-20-20	19:00	60	Studio				
Zumba	20:00	60	Studio	Sunday	Time	Duration	Studio
				Brazilian Jiu Jitsu (Juniors)*	09:00	60	Cage
				Brazilian Jiu Jitsu (Adults)*	10:00	60	Cage
				Body Building – Upper Body	11:00	90	Gym
				Body Building – Lower Body	17:00	90	Gym

BOOK HERE: www.supersaas.com/schedule/login/GymFit4LessAylesbury/GF4L_Aylesbury_Class_Timetable

* GymFit4Less MMA classes coming soon, see online timetable above for dates. Must have MMA membership to attend or pay as you go, ask at reception for more info.