



# Quit the Gym 2018



All classes open to all standards and all members and for registered free-trials.  
Guests £5. Buggies welcome to daytime classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ealing Common Morning	Rise & Shine 06:45-07:30 Rosangela	Quit the Gym 09:30-10:30 Kath	Circuits 06:45-07:30 Kath		Circuits & Box 06:45-07:30 Rob	Quit the Gym 09:00-10:00 Team	
Ealing Common Evening	Extreme! 19:00-20:00 Kath		HIIT & Abs 19:00-20:00 Emily				
Lammas Park						Extreme! 10:30-11:30 Team	
Walpole Park					Body Blast 12:30-13:15 Kath		(*) QtG 09:30-10:30 Greg



(\*) next to Footy Fun 4 Kids, by adventure playground  
[www.footyfun4kidslondon.com](http://www.footyfun4kidslondon.com)



Join the Movement

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