

Quit the Gym Timetable 2018

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

2018	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Ealing Common Morning	Rise & Shine 06:45-07:30 Kath	Quit the Gym 09:30-10:30 Kath	Circuits 06:45-07:30 Marta		Circuits & Box 06:45-07:30 Rob	Quit the Gym 09:00-10:00 Team	
Ealing Common Evening	Extreme! 19:00-20:00 Shara		HIIT & Abs 19:00-20:00 Emily				
Lammas Park		[1] Faster! 19:00-19:45 Maria				Extreme! 10:30-11:30 Team	
Walpole Park					Body Blast 12:30-13:15 Kath		[2] QtG 09:30-10:30 Maria

[1] £3 members / £5 non-members

[2] next to Footy Fun 4 Kids, by adventure playground www.footyfun4kidslondon.com

Join the movement

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