



Quit the Gym 2017



All classes open to all standards and all members and for registered free-trials.
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 Claudia		Circuits & Box 06:45-07:30 Rob	Quit the Gym 09:00-10:00 Team	
Ealing Common Evening	Extreme! 19:00-20:00 Clinton		HIIT & Abs 19:00-20:00 Emily				
Lammas Park						Extreme! 10:30-11:30 Team	
Walpole Park			Lunch Blast 12:30-13:15 Kath		Body Blast 12:30-13:15 Kath		* Quit the Gym 09:30-10:30 Greg



* with Footy Fun 4 Kids, by adventure playground
(a) 09:30 2-4 yrs old QtG & footy,
(b) 10:30 5-10 yrs old footy only (no QtG)



Join the Movement

info@quitthegym.co.uk

07941 487 283

www.quitthegym.co.uk

