

# Quit the Gym Timetable 2019

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
<b>Ealing Common Morning</b>		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	
<b>Ealing Common Evening</b>	Extreme! 19:00-20:00 Shara	[1] Faster! 19:00-19:45 Maria	HIIT & Abs 19:00-20:00 Emily				
<b>Lammas Park</b>						Extreme! 10:30-11:30 Team	
<b>Walpole Park</b>					Body Blast 12:30-13:15 Kath		[2] QtG 09:30-10:30 Maria

[1] £5 per class or pre-pay (starts 15-Jan)

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

Join the movement

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