

Quit the Gym Easter Timetable 2018

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

2018	Mar 28 Wed	Mar 29 Thu	Mar 30 Fri Good Friday	Mar 31 Sat	Apr 1 Sun Easter Sunday	Apr 2 Mon Bank Holiday	Apr 3 Tue
Ealing Common Morning	Rise & Shine 06:45-07:30			Quit the Gym 09:30-10:30 COMBO			Quit the Gym 09:30-10:30
Ealing Common Evening							
Lammas Park							
Walpole Park	HIIT & Abs 19:00-20:00		Body Blast 12:30-13:15			Extreme! 18:00-19:00	

Join the movement

info@quitthegym.co.uk

07941 487 283

www.quitthegym.co.uk

Quit the Gym Standard 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 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		HIIT & Abs 19:00-20:00 Emily				
Lammas Park						Extreme! 10:30-11:30 Team	
Walpole Park					Body Blast 12:30-13:15		(*) QtG 09:30-10:30 Rob

(*) next to Footy Fun 4 Kids, by adventure playground www.footyfun4kidslondon.com

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