

BANK - SEPTEMBER

MORNING	T	A	D	MONDAY	T	A	D	TUESDAY	T	A	D	WEDNESDAY	T	A	D	THURSDAY	T	A	D	FRIDAY
7:00AM	M	1	45	RIPPED & STRIPPED					M	S	45	TOUR DE BANK					M	1	45	RIPPED & STRIPPED
7:15AM	M	S	45	BIKE & BEATS	M	1	45	FIGHTKLAB	M	B	45	GYMBOXING ALL LEVELS	M	F	45	FRAME FITNESS	M	S	45	BIKE & BEATS
7:30AM					M	2	45	PILATES	M	2	45	KETTLEBELLS CIRCUIT 7:15AM	M	2	45	ROCKET YOGA				
LUNCH																				
12:00PM	M	2	45	KETTLEBELLS	M	2	45	ZUMBA	M	S	45	BIKE & BEATS	M	1	45	SPARTAN TRAINING CAMP	M	2	45	KETTLEBELLS
12:00PM					M	B	60	GYMBOXING	M	2	45	KETTLEBELLS	M	S	45	BIKE & BEATS				
12:15PM	M	F	45	MILITARY FITNESS	M	1	45	NIKE TRAINING CLUB	M	1	45	FIGHTKLAB 12:00PM								
12:15PM	M	1	45	WARRIOR WORKOUT 12:30PM									M	2	45	PILATES				
12:30PM	M	S	45	BIKE & BEATS					M	F	45	WORKOUT OF THE DAY	M	B	60	★ FITBOXING	M	1	45	TRAIN LIKE AN OLYMPIAN
12:30PM					M	2	20	HARDCORE 12:45PM	M	B	45	MUAY THAI ALL LEVELS					M	B	45	MUAY THAI ALL LEVELS
12:45PM	M	2	20	★ HARDCORE	M	S	45	TOUR DE BANK 1:00PM	M	1	20	HARDCORE	M	1	30	BOTTOM LINE	M	F	45	FRAME FITNESS
1:00PM	M	B	45	★ FIGHT CONDITIONING	M	F	45	HANG TOUGH									M	S	45	TOUR DE BANK
1:00PM	M	1	45	★ THE BRAZILIAN 1:15PM	M	1	45	RIPPED & STRIPPED	M	2	45	POWER PILATES	M	F	45	BARTENDAZ	M	2	45	ASHTANGA YOGA
1:15PM	M	2	45	PILATES	M	2	45	VINYASA YOGA	M	1	45	UFC FIT	M	1	45	RIPPED & STRIPPED				
EVENING																				
5:30PM	M	S	45	BIKE & BEATS	M	F	45	★ WORKOUT OF THE DAY	M	S	45	BIKE & BEATS								
5:30PM	M	1	45	RIPPED & STRIPPED	M	1	45	BUNNY BOOTCAMP	M	1	45	RIPPED & STRIPPED					M	F	45	FRAME FITNESS
5:45PM	M	2	45	PILATES	M	S	45	TOUR DE BANK	M	2	45	BALLET BARRE 5:30PM	M	1	30	HARDCORE	M	1	45	UFC FIT
6:00PM					M	B	60	GYMBOXING ALL LEVELS	M	C	90	MMA BEGINNERS	M	B	60	GYMBOXING	M	2	45	S&M
6:00PM	M	B	60	★ FITBOXING	M	C	60	BRAZILIAN JIU JITSU					M	2	45	BUDOKON YOGA				
6:15PM	M	1	45	RAVE					M	1	30	BOTTOM LINE								
6:15PM					M	1	45	★ POUND	M	F	45	FRAME FITNESS	M	S	45	BIKE & BEATS				
6:15PM	M	S	45	TOUR DE BANK 6:30PM	M	2	45	★ TONE N TWERK	M	2	45	★ POWER YOGA	M	1	45	FIGHTKLAB				
6:30PM	M	2	45	KETTLEBELLS	M	S	45	BIKE & BEATS 6:45PM	M	S	45	TOUR DE BANK	M	F	45	★ HANDS DOWN				
6:45PM	M	F	45	BARTENDAZ	M	C	90	MMA 7:00PM	M	1	45	PSYCHO CIRCUITS	M	2	45	KETTLEBELLS 7:00PM				
7:00PM	M	1	45	UFC FIT	M	1	45	FIGHTKLAB	M	2	45	★ COMMERCIAL DANCE								
7:00PM	M	B	60	MUAY THAI ALL LEVELS	M	2	45	★ YOGA RAVE	M	B	60	MUAY THAI BEGINNERS 7:30PM	M	B	60	MUAY THAI ALL LEVELS				
7:15PM	M	2	45	VINYASA YOGA	M	B	60	★ GYMBOXING SPARRING 7:00PM	M	1	15	KRAV MAGA (WARM UP) 7:30PM								
8:00PM	M	1	90	GYMBOX POLE DANCE					M	2	75	KRAV MAGA 7:45PM								
8:00PM	M	B	60	MUAY THAI SPARRING									M	B	60	MUAY THAI SPARRING				



- KEY CODE**
- M = MEMBERS ONLY
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STRENGTH CONDITIONING
CIRCUIT & SPORT SPECIFIC
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BOOK ONLINE www.gymbox.com
 MOBILE BOOKINGS www.gymboxmobile.com
 Any suggestions/feedback, please contact James at jamesd@gymbox.co.uk

GYMBOX BANK
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COVENT GARDEN - SEPTEMBER

MORNING	T	A	D	MONDAY	T	A	D	TUESDAY	T	A	D	WEDNESDAY	T	A	D	THURSDAY	T	A	D	FRIDAY	T	A	D	SATURDAY				
7:00AM	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	M	S	45	WATT CARDIO 10:15AM				
7:15AM	M	F	45	FRAME FITNESS	M	1	60	BROGA					M	1	45	PSYCHO CIRCUITS 7:00am												
7:15AM	M	1	45	NIKE TRAINING CLUB	M	B	45	FITBOXING	M	S	45	WATT PERFORMANCE	M	F	45	WORKOUT OF THE DAY 7:30am	M	S	45	★	WATT CARDIO	M	1	60	HATHA YOGA 10:15AM			
7:15AM					M	S	60	WATT CARDIO & ABS	M	1	45	KETTLEBELLS	M	1	45	★	VINYASA FLOW YOGA 7:45am	M	1	60		MILITARY FITNESS	P	2	60	REFORMER PILATES 10:30AM		
8:00AM	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES BEGINNERS	M	1	60	UFC FIT 11:15AM
9:00AM					P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES 11:30AM
LUNCH																												
12:15PM	M	1	45	RIPPED & STRIPPED	M	1	45	ROCK HARD 12:00PM	M	1	45	VINYASA FLOW YOGA	M	1	45	FIGHTKLUB	M	S	45		WATT PERFORMANCE	M	1	45	FIGHTKLUB			
12:15PM	P	2	40	EXPRESS REFORMER PILATES	P	2	40	EXPRESS REFORMER PILATES	P	2	40	EXPRESS REFORMER PILATES	P	2	40	EXPRESS REFORMER PILATES	P	2	40	EXPRESS REFORMER PILATES	P	2	40	EXPRESS REFORMER PILATES				
12:30PM	M	F	45	BARTENDAZ																			P	2	60	REFORMER PILATES		
1:00PM	M	1	45	URBAN POWER YOGA	M	1	45	FIGHTKLUB 12:45PM	M	1	45	BUNNY BOOTCAMP	M	1	15	HARDCORE	P	2	60		REFORMER PILATES							
1:00PM	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	M	S	45	WATT CARDIO 1:15PM	M	B	45		FITBOXING							
1:15PM	M	S	45	WATT PERFORMANCE 1:00PM	M	S	45	WATT CARDIO	M	F	45	ROCK HARD FRAME	M	1	45	PILATES	M	1	45		KETTLEBELLS							
1:30PM					M	1	45	TEMPO PILATES MATWORK					P	2	60	REFORMER PILATES							P	2	60	REFORMER PILATES		
EVENING																												
5:15PM	P	2	40	EXPRESS REFORMER PILATES	P	2	40	EXPRESS REFORMER PILATES	P	2	60	REFORMER PILATES 5:30PM	P	2	40	EXPRESS REFORMER PILATES	P	2	60	REFORMER PILATES 4:30PM								
6:00PM	M	S	45	WATT CARDIO	P	2	60	REFORMER PILATES	M	1	45	FIGHTKLUB	M	1	45	★	POUND	P	2	60	REFORMER PILATES 5:30PM							
6:00PM	P	2	60	REFORMER PILATES							M	B	60	GYMBOXING	M	B	60	BRAZILIAN JIU-JITSU	M	F	30	EXPRESS WORKOUT OF THE DAY 5:45PM						
6:00PM	M	B	60	GYMBOXING	M	B	45	★	FITBOXING				P	2	60	REFORMER PILATES	M	1	45		INSANITY							
6:15PM	M	1	45	KETTLEBELLS 6:00PM	M	1	45	COMMERCIAL DANCE	M	F	45	FRAME FITNESS	M	S	45	★	WATT PERFORMANCE 6pm											
6:30PM												P	2	60	REFORMER PILATES	M	F	45	ROCK HARD FRAME 6:15PM	P	2	60		REFORMER PILATES				
6:45PM	M	F	45	FRAME FITNESS	M	S	45	WATT PERFORMANCE	M	1	45	★	THE BRAZILIAN															
6:45PM	M	1	45	UFC FIT	M	B	45	★	GYMBOXING SPARRING	M	S	45	WATT CARDIO	M	1	45	BALLET BARRE	M	1	45		ROCKET YOGA						
7:00PM	P	2	60	REFORMER PILATES	P	2	60	REFORMER PILATES	P	2	60			P	2	60	REFORMER PILATES											
7:00PM	M	B	60	MUAY THAI ALL LEVELS	M	1	45	RAVE	M	B	60	★	MUAY THAI															
7:30PM	M	1	45	★	YOGA RAVE	M	F	45	BARTENDAZ 7:15PM	M	1	45	PILATES	P	1	30	KRAV MAGA	P	2	60		REFORMER PILATES						
8:00PM	P	2	60	REFORMER PILATES	M	1	60	VINYASA FLOW YOGA 7:45PM	P	2	60	REFORMER PILATES 7:30PM	P	2	60	REFORMER PILATES												
8:00PM	M	B	60	★	MUAY THAI SPARRING				M	B	60	★	MUAY THAI SPARRING															



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REFORMER PILATES

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T= TYPE OF CLASS
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D= DURATION
★ = NEW CLASS!
★ = AMENDMENT

GYMBOX COVENT GARDEN
42 - 49 St Martins Lane
London, WC2N 4EJ
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BOOK ONLINE www.gymbox.com VIA MOBILE www.gymboxmobile.com
Any suggestions/feedback, please contact Jess at jessm@gymbox.co.uk

FARRINGDON - SEPTEMBER

MORNING	T	A	D	MONDAY	T	A	D	TUESDAY	T	A	D	WEDNESDAY	T	A	D	THURSDAY	T	A	D	FRIDAY	T	A	D	SATURDAY									
7:00AM	M	1	45	DRILL SERGEANT	P	C	60	RGA MIXED ALL BELTS	M	S	45	TOUR DE FARRINGDON	M	S	45	BIKE & BEATS	M	2	45	YOGA FOR RUNNERS	M	S	45	TOUR DE FARRINGDON 11:00AM									
7:15AM	M	2	45	★ BROGA	M	2	45	HATHA YOGA	M	2	45	BALATES 7:30AM	M	1	45	TRX	M	1	45	SPARTAN TRAINING CAMP													
7:30AM	M	S	45	BIKE & BEATS 7:45AM	M	1	45	COMBAT CIRCUIT 7:15AM	M	1	45	KETTLEBELLS	P	C	60	RGA MIXED ALL BELTS								M	1	45	WORKOUT OF THE DAY 11:00AM						
LUNCH																																	
12:15PM	M	1	45	UFC FIT	M	2	45	★ THE BRAZILIAN	M	S	45	TOUR DE FARRINGDON 12:00PM	M	2	45	S&M 12:00PM	M	2	45	VINYASA YOGA	P	C	60		RGA MIXED ALL BELTS 11:00AM								
12:15PM	M	2	45	★ KANGOO	M	1	45	TRX	M	2	45	PILATES	M	1	45	NIKE TRAINING CLUB	M	S	45	BIKE & BEATS													
12:45PM	M	S	45	TOUR DE FARRINGDON 1:00PM	M	C	60	INTRO TO BJJ 12:30PM	M	1	45	TRAIN LIKE AN OLYMPIAN 12:15PM	P	C	60	RGA MIXED ALL BELTS	M	1	45	WORKOUT OF THE DAY 12:30PM	M	2	60		PILATES 11:30AM								
1:00PM	P	C	60	RGA MIXED ALL BELTS	M	S	45	BIKE & BEATS 12:45PM	M	B	45	FITBOXING 12:45PM	M	1	30	EXPRESS KETTLEBELLS																	
1:00PM	M	1	45	BARTENDAZ	M	2	45	RIPPED & STRIPPED	M	1	45	WORKOUT OF THE DAY								P	C	60	RGA MIXED ALL BELTS	M	1	45	★ HANDS DOWN 11:45AM						
1:00PM	M	2	45	VINYASA YOGA	M	1	45	AERIAL PILATES 1:15PM	P	C	60	RGA MIXED ALL BELTS	M	B	45	MUAY THAI																	
1:15PM	M	B	45	GYMBOXING	P	C	60	RGA MIXED ALL BELTS 1:30PM	M	2	30	HARDCORE 1:30PM				M	B	45	GYMBOXING														
EVENING																						T		A		D		SUNDAY					
5:30PM					M	1	45	FIGHTKLAB				M	2	45	RIPPED & STRIPPED																		
6:00PM	M	2	45	RAVE	M	B	60	MUAY THAI	M	1	45	BARTENDAZ	P	C	60	RGA ADVANCED	M	2	45	ASHTANGA YOGA	M	1	60		AERIAL YOGA 12:00PM								
6:00PM	P	C	60	RGA BEGINNERS	M	2	45	RAGGA DANCEHALL	M	2	45	RAVE					M	1	45	UFC FIT													
6:00PM					P	C	60	RGA ADVANCED	M	C	60	INTRO TO BJJ	M	2	45	★ WE LUV THE 80'S 6:15PM	M	C	60	MMA	M	B	60		MUAY THAI 1:00PM								
6:15PM	M	1	45	WORKOUT OF THE DAY	M	1	60	FRAME ELEMENTS & WOD	M	B	60	GYMBOXING																					
6:30PM	M	B	60	GYMBOXING					M	S	45	BIKE & BEATS	M	B	60	BITCH BOXING	M	2	45	BUNNY BOOTCAMP													
6:30PM	M	S	45	BIKE & BEATS 6:45PM	M	S	45	TOUR DE FARRINGDON					M	S	45	TOUR DE FARRINGDON																	
6:45PM	M	2	60	ENTRAINMENT YOGA	M	2	45	BALATES	M	2	45	★ POUND	M	1	45	FRAME FITNESS 6:30PM	M	1	45	KETTLEBELLS													
7:00PM	M	C	60	MMA	M	B	60	GYMBOXING	P	C	60	RGA ADVANCED SPARRING	M	2	60	PILATES																	
7:00PM	M	1	45	WARRIOR WORKOUT	O	C	60	KRAV MAGA	M	1	60	AERIAL HOOP	M	C	60	MUAY THAI	P	C	60	RGA MIXED ALL BELTS													
7:30PM					M	1	45	BATTLEBELLS 7:15PM	M	B	60	GYMBOX SPARRING 7:15PM	M	1	45	FIGHTKLAB																	
7:45PM					M	2	60	GYMBOX POLE DANCING	P	1	75	AERIAL HOOP 8:00PM	M	B	60	MUAY THAI SPARRING 8:00PM																	
8:00PM	P	C	60	RGA ADVANCED	P	C	60	RGA BEGINNERS	P	C	60	RGA BEGINNERS	P	C	60	RGA BEGINNERS	P	C	60	RGA ADVANCED SPARRING													



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- T = TYPE OF CLASS
- A = AREA/STUDIO
- D = DURATION
- RGA = ROGER GRACIE ACADEMY
- ★ = FEATURE CLASS!
- 🔻 = AMENDMENT

GYMBOX FARRINGDON

20 Farringdon Road
 London, EC1M 3AP
 T 0207 871 4549

BOOK ONLINE www.gymbox.com

MOBILE BOOKINGS www.gymboxmobile.com

Any suggestions/feedback, please contact Esmee at esmeeg@gymbox.co.uk

HOLBORN - SEPTEMBER

MORNING	T	A	D	MONDAY	T	A	D	TUESDAY	T	A	D	WEDNESDAY	T	A	D	THURSDAY	T	A	D	FRIDAY	T	A	D	SATURDAY		
7:15AM	M	S	45	BIKE & BEATS	M	1	45	KETTLEBELLS	M	S	45	TOUR DE HOLBORN	M	Z	45	PILATES 7:30AM	M	S	30	EXPRESS BIKE & BEATS						
7:30AM	M	F	45	WORKOUT OF THE DAY	M	Z	60	ASHTANGA YOGA	M	1	45	UFC FIT	M	F	45	WORKOUT OF THE DAY	M	Z	60	BROGA 7:15AM	M	S	45	BIKE & BEATS 11:15AM		
7:45AM													P	B	45	GYMBOXING SPARRING 7:30AM	M	1	30	EXPRESS RIPPED & STRIPPED	M	1	45	FIGHTKLUB 12:00PM		
LUNCH																										
12:15PM	M	1	45	KETTLEBELLS	M	1	45	DRILL SERGEANT	M	Z	45	PILATES					M	S	45	BIKE & BEATS	M	F	45	WORKOUT OF THE DAY 12:30PM		
12:15PM	M	Z	45	BUDOKON YOGA	M	S	45	TOUR DE HOLBORN	M	F	45	TRX	M	1	45	DRILL SERGEANT					M	1	60	S&M 12:45PM		
12:30PM	M	B	45	MUAY THAI								HARDCORE 12:45PM	M	S	45	★ TOUR DE HOLBORN	M	1	45	UFC FIT						
1:00PM	M	F	45	★ WORKOUT OF THE DAY 12:45PM	M	F	45	★ HANDS DOWN	M	B	45	★ MUAY THAI	M	B	45	★ GYMBOXING							M	F	90	OLYMPIC WEIGHTLIFTING 1:30PM
1:00PM	M	1	45	★ POUND	M	1	45	RIPPED & STRIPPED	M	S	45	BIKE & BEATS	M	Z	45	HATHA YOGA							M	B	90	MUAY THAI 2:00PM
1:15PM	M	S	45	BIKE & BEATS 1:00PM	M	Z	45	CIRCLE PILATES	M	1	45	FIGHTKLUB					M	F	45	BARTENDAZ						
EVENING																										
5:30PM	M	1	45	UFC FIT	M	1	30	HARDCORE	M	1	30	★ BOTTOM LINE	M	1	30	★ INSANITY	M	S	45	★ BIKE & BEATS						
5:45PM					M	S	45	TOUR DE HOLBORN	M	S	45	BIKE & BEATS 6:00PM	M	F	45	BARTENDAZ										
6:00PM	M	S	45	TOUR DE HOLBORN	M	F	45	BARTENDAZ	M	1	45	NIKE TRAINING CLUB					M	Z	45	PILATES						
6:00PM	M	Z	45	BUNNY BOOTCAMP	M	1	45	FIGHTKLUB	M	B	60	GYMBOXING	M	1	45	RAVE	M	1	45	NIKE TRAINING CLUB						
6:00PM	M	F	45	MMA CONDITIONING	M	B	60	MMA	M	Z	45	BALATES	M	S	45	TOUR DE HOLBORN										
6:15PM	M	1	45	FIGHTKLUB	M	Z	60	VINYASA YOGA									M	B	45	MUAY THAI						
6:45PM	O	B	60	★ GYMBOXING	M	1	45	ZUMBA	M	1	45	★ WE LUV THE 80'S	M	1	45	★ RIPPED & STRIPPED	O	Z	90	KRAV MAGA						
6:45PM	M	Z	45	★ COMMERCIAL DANCE	M	S	45	BIKE & BEATS	M	S	45	TOUR DE HOLBORN	M	Z	45	★ YOGA RAVE	O	1	90	KRAV MAGA						
7:00PM	M	S	45	BIKE & BEATS	O	B	60	MUAY THAI INT/ADV	M	Z	60	GYMBOX POLE DANCE														
7:00PM	M	1	45	KETTLEBELLS	M	Z	45	★ THE BRAZILIAN 7:15PM	M	F	45	BARTENDAZ							M	F	45	FIGHT CONDITIONING				
7:30PM	M	Z	45	PILATES								M	B	60	MUAY THAI BEGINNERS 7:15PM											
7:30PM	M	1	45	RIPPED & STRIPPED 7:45PM	M	1	60	PSYCHO CIRCUITS	M	1	45	DRILL SERGEANT														
8:00PM	O	B	45	★ GYMBOXING SPARRING	O	B	45	MUAY THAI SPARRING																		

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GYMBOX HOLBORN
100 High Holborn
London, WC1V 6RD
T 020 7400 1919

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Any suggestions/feedback, please contact Deanna at deannab@gymbox.co.uk

WESTFIELD-SEPTEMBER

MORNING	T	A	D	MONDAY	T	A	D	TUESDAY	T	A	D	WEDNESDAY	T	A	D	THURSDAY	T	A	D	FRIDAY	T	A	D	SATURDAY			
6:45AM	M	S	30	EXPRESS BIKE & BEATS	O	B	45	GYMBOXING	M	F	45	WORKOUT OF THE DAY	M	S	30	EXPRESS BIKE & BEATS	O	B	45	GYMBOXING	M	1	60	HATHA YOGA 9:00AM			
7:15AM	M	B	30	EXPRESS FITBOXING	M	2	60	VINYASA YOGA	M	S	45	TOUR DE WESTFIELD 7:00AM	M	1	30	EXPRESS NIKE TRAINING CLUB	M	2	60	BROGA 7:30AM	M	S	45	BIKE & BEATS 10:15AM			
7:30AM																			M	1	45	RIPPED & STRIPPED	O	B	60	GYMBOXING 11:00AM	
LUNCH																							M	S	45	TOUR DE WESTFIELD 11:15AM	
12:15PM	M	2	45	PILATES 12:00PM	M	1	45	RIPPED & STRIPPED 10:45AM	M	S	45	TOUR DE WESTFIELD											M	F	45	BARTENDAZ 11:30AM	
12:30PM	M	F	45	WORKOUT OF THE DAY	M	1	45	FIGHTKLUB 11:30AM				M	F	45	WORKOUT OF THE DAY	M	1	45		FIGHTKLUB	M	1	45	SPARE TYRE 12:00PM			
1:00PM	M	S	45	TOUR DE WESTFIELD	M	2	45	DYNAMIC FLOW YOGA 12:15PM	M	F	45	GYMNASTIC CONDITIONING											M	1	45	RAGGA DANCEHALL 1:00PM	
1:15PM	M	1	45	RIPPED & STRIPPED	M	2	45	KETTLEBELLS	M	1	45	★ THE BRAZILIAN	M	2	45	YOGA FOR SPORT	M	1	45		HARDCORE	M	1	45	BUNNY BOOTCAMP 2:00PM		
1:15PM									M	2	45	PILATES	M	S	45	BIKE & BEATS	M	2	45		DYNAMIC FLOW YOGA						
EVENING																							T	A	D	SUNDAY	
6:00PM	M	1	45	★ POUND	M	1	45	BUNNY BOOTCAMP 5:45PM	M	G	45	FIGHT CONDITIONING							M	1	45	INSANITY	M	1	60	BALATES 11:00AM	
6:00PM	M	2	45	RAVE	M	F	45	BARTENDAZ	M	S	45	BIKE & BEATS	O	B	60	GYMBOXING	O	B	45	★	FITBOXING	O	B	60	BITCHBOXING 11:00AM		
6:00PM	M	B	60	MMA STRIKING	O	B	60	GYMBOXING	M	1	45	TRAIN LIKE AN OLYMPIAN							O	C	60	★	BRAZILIAN JUI-JITSUI	M	1	45	FIGHTKLUB 12:00PM
6:15PM	M	S	45	TOUR DE WESTFIELD	M	2	45	HATHA YOGA	M	2	45	CIRCLE PILATES	M	2	45	RAVE								M	G	45	BATTLEBELLS 12:00PM
6:30PM	M	F	60	FRAME ELEMENTS	M	1	45	DRILL SERGEANT	M	2	45	★ TONE N TWERK 7:00PM	M	1	60	NIKE TRAINING CLUB	M	S	45		TOUR DE WESTFIELD	M	S	45	BIKE & BEATS 1:00PM		
6:45PM	M	1	45	FIGHTKLUB	M	S	45	TOUR DE WESTFIELD	M	S	45	TOUR DE WESTFIELD 7:00PM	M	S	45	TOUR DE WESTFIELD	M	1	45		PILATES	M	1	45	UFC FIT 1:00PM		
7:00PM	M	2	45	KETTLEBELLS	O	B	60	MMA	M	1	45	RIPPED AND STRIPPED	M	F	45	BARTENDAZ	O	B	60	★	MUAY THAI	O	B	60	MUAY THAI 3:00PM		
7:00PM	O	B	60	MUAY THAI					O	B	60	MUAY THAI	O	B	60	MMA	M	2	60		GYMBOX POLE DANCE	M	2	60	GYMBOX POLE DANCE 3:00PM		
7:15PM								★ WE LUV THE 80's	M	F	45	TRX															
7:30PM	M	1	45	RAGGA DANCEHALL	M	S	45	TOUR DE WESTFIELD																			
7:45PM	M	S	45	BIKE & BEATS	M	2	60	GYMBOX POLE DANCE 7:30PM	M	1	45	KANGOO															
8:00PM	O	B	60	MUAY THAI SPARRING	M	1	45	★ YOGA RAVE	O	B	60	MUAY THAI SPARRING															
8:00PM	M	2	45	S&M									M	2	60	GYMBOX POLE DANCE											



- STRENGTH CONDITIONING
- CIRCUIT & SPORT SPECIFIC
- CARDIO WORKOUT
- HOLISTIC
- DANCE
- FRAME FITNESS
- INDOOR CYCLING
- BOXING/MARTIAL ARTS

- KEY CODE**
- M= MEMBERS ONLY
 - O = OPEN CLASS
 - P = PAY CLASS
 - T = TYPE OF CLASS
 - A = AREA/STUDIO
 - D = DURATION
 - ★ = FEATURE CLASS!
 - 🚩 = AMENDMENT

GYMBOX WESTFIELD
 Mezzanine Level
 The Village
 Westfield Shopping Centre
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