@theGym Class Timetable

Monday	Tuesday	Weds	Thursday	Friday	Saturday	Sunday
6:15am **@CYCLE** - 45mins **Spin Room** **With Leanne**	6:15am **@CYCLE** - 45mins **Spin Room** **With Becky**	6:15am **@CYCLE** - 45mins **Spin Room** **With Nina**	6:15am **@CYCLE** - 45mins **Spin Room** **With Nina**	6:15am **@CYCLE** - 45mins **Spin Room** **With Becky**	7:15am **@CYCLE** - 45mins **Spin Room** **With Becky**	8:15am **@CYCLE** - 45mins **Spin Room** **With Becky**
6:15am **HYROX** - 45mins **S&C Gym** **With Meg**	6:15am **HIIT** - 45mins **S&C Gym** **With Evie**	6:15am **Circuits** - 45mins **S&C Gym** **With Becky**	6:15am **BOOTCAMP** - 45mins **S&C Gym** **With Becky**	6:15am **KETTLEBELLS** - 45mins **S&C Gym** **With Nina**	8:15am **@CYCLE** - 45mins **Spin Room** **With Becky**	9:00am **HYROX** - 45mins **Rox Room** **With Maisey**
9:30am **FIT CLUB** - 1hr **S&C Gym** **With Emma**	9:30am **STRENGTH SESH** - 45mins **S&C Gym** **With Evie**	9:30am **Strength & Cardio Sesh.** - 45mins **S&C Gym** **With Nina**	9:30am **HIIT** - 45mins **S&C Gym** **With Nina**	7:15am **Barbell HIIT** - 45mins **S&C Gym** **With Nina**	8:30am **Circuits** - 45mins **S&C Gym** **With Meg**	10:00am **STRETCH** – 45mins **Rox Room** **With Maisey**
			12:30pm **Strength & Cardio Sesh.** - 45mins **S&C Gym** **With Si or Nina**	9:30am **Circuits** - 1hr **S&C Gym** **With Nina**	**@theGym Community Partners** These classes are **not** included in @theGym gym membership. **PRO-K:** Boxing and kickboxing classes with Pro-K. Please text Leanne on 07929 330 245 **Fun Fit Kids** Children's classes running during term-times. Please text Si on 07545 214 247 **Yummy Mummies** Mum's and new babies post-natal exercise class. Please text Sophie on 07977 541 839 **TEAMS:** Various local sports teams may be using our S&C space on some evenings.	**@CYCLE NOTE:** Pre-Recorded **@CYCLE** Classes are available to book at any time in the Spin Room, outside of normal spin class times. **EVENTS:** Periodically, we'll have an event, workshop, or course running on a Saturday and/ or Sunday. Sold separately. These include, but are not limited to: **@theGym** **HYROX BRISTOL** -- **Level 4 S&C** -- **MINI ROX** -- **North Somerset's Strongest Man** -- **OLO RAW** -- **BPU Bristol**
12:30pm **Circuits** - 1hr **S&C Gym** **With Meg**	12:30pm **HYROX** - 45mins **Rox Room** **With Evie**	12:30pm **Strength & Cardio Sesh.** - 45mins **S&C Gym** **With Nina**	1:15pm **STRETCH** – 45mins **Rox Room** **With Maisey**	11:00am **Olympic Lifting Class.** – 45mins **Rox Room** **With Si**		
4:00pm (Primary) **5:00pm** (Secondary) **Fun Fit Kids.** - 45mins each **S&C Gym with Si**	1:30pm **Ladies Boxing** - 1hr **Rox Room** **With Leanne**	5:15pm **@CYCLE** - 45mins **Spin Room** **With Becky**	**4:00pm** (Primary) **5:00pm** (Secondary) **Fun Fit Kids.** - 45mins each **S&C Gym with Si**	12:30pm **HYROX** - 45mins **Rox Room** **With Evie**		
	5:15pm **KETTLEBELLS** - 45mins **S&C Gym** **With Leanne**		5:15pm **@CYCLE** - 45mins **Spin Room** **With Becky**	5:30pm **HYROX** - 1hr **Rox Room + S&C** **With Charlotte**		
6:15pm **X-FIT** - 45mins **S&C Gym** **With Becky**	6:15pm **@CYCLE** - 45mins **Spin Room** **With Leanne**	6:15pm **X-FIT Barbell** - 45mins **S&C Gym** **With Becky**	6:15pm **HYROX** - 45mins **S&C Gym** **With Becky**			
7:15pm **@CYCLE** - 45mins **Spin Room** **With Becky**	7:00pm **PRO-K Boxing** Age 15 to adults - 1hr **Rox Room** **With Ash & Lea**		7:00pm **PRO-K Boxing & Kickboxing** Age 15 to adults - 1hr **Rox Room** **With Ash & Lea**			

Important Class Information
- Members, please book via the @theGym app.
- Non-members, please text 07415 983 992 or DM @thegym to book.
- Classes can be booked 1-week in advance of the class.
- Wear suitable clothing and bring a drink.

In the Interest of your safety, always let the instructor know if you..
- are attending a class for the first time (a waiver must also be signed!).
- have any medical conditions.
- are injured.
- are pregnant.

Classes open to all members, unless stated otherwise. £8 per class for non-members or 10-Session Class Cards available for £70.
You must book a class in advance, prior to attending. All participants participate in a class at their own risk. @theGym are not liable.
Please @theGym on Instagram and Facebook for regular updates.

Class timetable is correct at the time of print (October 2026).
Please ask a member of the @theGym Team, should you have any queries.