

The Women's Gym Wilmslow Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:45-07:15 Stretch	09:30-10:00 L.B.T	09:30-10:00 Functional Circuits	06:45-07:15 Stretch	06:45-07:15 Stretch	09:30-10:00 L.B.T	09:30-10:00 L.B.T
09:00-09:30 The Women's Gym Welcome	11:00-11:30 The Women's Gym Welcome	11:00-11:30 The Women's Gym Welcome	08:30-09:00 The Women's Gym Welcome	08:30-09:00 The Women's Gym Welcome	10:30-11:00 Functional Circuits	10:30-11:00 Functional Circuits
09:30-10:00 Functional Circuits	12:30-13:00 L.B.T	12:30-13:00 Functional Circuits	09:30-10:00 L.B.T	09:30-10:00 Functional Circuits	11:00-11:30 Stretch	11:00-11:30 Stretch
10:30-11:00 The Women's Gym Welcome	13:30-14:00 The Women's Gym Welcome	14:00-14:30 The Women's Gym Welcome	12:30-13:00 L.B.T	12:30-13:00 Functional Circuits	11:30-12:00 The Women's Gym Welcome	13:30-14:00 The Women's Gym Welcome
12:30-13:00 Functional Circuits	17:30-18:00 Functional Circuits	18:30-19:00 Functional Circuits	14:00-14:30 The Women's Gym Welcome	14:30-15:00 The Women's Gym Welcome	14:00-14:30 The Women's Gym Welcome	
14:00-14:30 The Women's Gym Welcome	18:30-19:00 L.B.T	19:00-19:30 Stretch	17:00-17:30 The Women's Gym Welcome	18:30-19:00 Functional Circuits		
16:00-16:30 The Women's Gym Welcome	19:00-19:30 Stretch		17:30-18:00 Functional Circuits			
17:00-17:30 The Women's Gym Welcome			18:30-19:00 L.B.T			
18:30-19:00 Functional Circuits			19:00-19:30 Stretch			
19:00-19:30 Stretch						

Last updated: February 2025

Please note that weekly class timetables are subject to change.

