

UNDERGROUND GYM NEWHAVEN

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
UG METCON 6:15 - 7:00	UG SPIN 6:30 - 7:15	UG METCON 6:15 - 7:00	UG HIIT 6:15 - 7:00	HIIT CIRCUITS 6:15 - 7:00	UG SPIN 8:30 - 9:15	DANCE FIT 8:30- 9:30
		STRENGTH CIRCUITS 9:30 - 10:15	UG FUNCTIONAL FIT 9:15 - 10:00	UG SPIN 9:30 - 10:15	UG HIIT BOX 9:30 - 10:15	
UG BODY BLAST 18:00 - 18:45	UG METCON 18:00 - 18:30	UG YOGA 17:00 - 18:00	UG METCON 18:00 - 18:30			
UG BOXING 18:00 - 18:45	UG SPIN 18:30- 19:15	UG BOXING 18:00 - 18:45	UG SPIN 18:30 - 19:15			
UG SPIN 18:50 - 19:20	UG CALISTHENICS 19:00 - 20:00	BJJ 19:00- 20:30	UG CALISTHENICS 19:00 - 20:00			
BJJ 19:30- 21:00	UG BOOTCAMP 19:30- 20:30		DANCE FIT 19:30 - 20:30			

GYM FLOOR

STUDIO

INSTAGRAM
@UNDERGROUNDGYMNEWHAVEN

**UNDERGROUND
GYM**