

UNDERGROUND GYM TUNBRIDGE WELLS

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
UG HIIT 07:00 - 08:00	UG CIRCUITS 07:00 - 08:00	UG CIRCUITS 07:00 - 08:00	UG HIIT 07:00 - 08:00	UG LBT 07:00 - 08:00
YOUTH CALI 18:00 - 19:00	SEMTEX MUAY THAI 19:00 - 20:00	LADIES KICKBOXING 19:00 - 20:00	UG CIRCUITS 07:30 - 08:15	YOUTH MUAY THAI 17:00 - 18:00
MUAY THAI PAD BLAST 19:00 - 20:00	PILATES 18:00 - 18:45	MAGNI WEIGHTLIFTING 19:00 - 20:00	WEIGHTLIFTING 12:00 - 12:45	
CALISTHENICS 19:30 - 20:30		40 LICKS BJJ 20:00 - 21:15	UG SPIN 18:00 - 18:45	STUDIO CLASS
40 LICKS BJJ 20:00 - 21:15			MAGNI WEIGHTLIFTING 18:30 - 19:30	GYM FLOOR
			SEMTEX MUAY THAI 19:00 - 20:00	COMBAT AREA
			CALISTHENICS 19:30 - 20:30	

Classes subject to change, follow us on social for daily updates and changes to the timetable.
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GYM**