

BRIGHTON CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HYROX STYLE TRAINING 06:00 - 06:45	UG HIIT 06:00 - 06:45	HYROX STYLE TRAINING 06:00 - 06:45	UG HIIT 06:00 - 06:45	HYROX STYLE TRAINING 06:00 - 06:45	UG METCON 09:00 - 09:45
RELENTLESS 09:30 - 10:00	RELENTLESS 09:30 - 10:00	UG STRENGTH 09:30 - 10:15	UG STRENGTH 09:30 - 10:15	UG CALI 08:15 - 09:30	UG CALISTHENICS 10:30 - 12:00

HYROX STYLE TRAINING 18:30 - 19:15	UG BOXING 18:15 - 19:15		UG HIIT BOX 18:00 - 18:45
UG CALISTHENICS 19:15 - 20:30		UG CALISTHENICS 19:00 - 20:30	UG RELENTLESS 18:30 - 19:00

*Classes subject to change - Follow us on social media to keep up to date with the changes to the timetable.

@UndergroundGyms

**UNDERGROUND
GYM**