

UNDERGROUND GYM TUNBRIDGE WELLS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	PILATES 09:00-09:45	HYROX 09:30-10:15
YOUTH CALI 18:00 - 19:00	MUAY THAI 19:00 - 20:00	LADIES KICKBOXING 18:30-19:30	UG YOGA 18:00-19:00	YOUTH MUAY THAI 18:00 - 19:00		
MUAY THAI PAD BLAST 19:00 - 20:00		MAGNI LIFTING 19:00-20:00	UG SPIN 18:00-19:00			
FREE STYLE CALI 19:00 - 19:30		BJJ 20:00 - 21:15	SPECIALIST KETTLEBELLS 18:15-19:15			STUDIO
UG CALI 19:30 - 20:30			MAGNI LIFTING 19:00-20:00			GYM FLOOR
BJJ 20:00 - 21:15			MUAY THAI 19:00 - 20:00			COMBAT AREA
			UG CALI 19:30 - 20:30			

INSTAGRAM

@UNDERGROUNDGYMTUNBRIDGEWELLS

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

**UNDERGROUND
GYM**