






























NEWHAVEN CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p> UG METCON 06:15 - 07:00</p>	<p> UG SPIN 06:30 - 07:15</p>	<p> UG METCON 06:15 - 07:00</p>	<p> UG STRENGTH 06:15 - 07:00</p>	<p> HIIT CIRCUITS 06:15 - 07:00</p>	<p> UG HYBRID 07:30 - 08:30</p>	<p> UG SPIN 08:30 - 09:15</p>
<p> STRENGTH CIRCUITS 09:30 - 10:15</p>	<p> STRENGTH CIRCUITS 09:30 - 10:15</p>	<p> STRENGTH CIRCUITS 09:30 - 10:15</p>	<p> UG FUNCTIONAL FIT 09:15 - 10:00</p>	<p> UG SPIN 09:30 - 10:15</p>	<p> UG SPIN 08:30 - 09:15</p>	
					<p> UG HIIT BOX 09:30 - 10:15</p>	
<p> UG BOXING 18:00 - 18:45</p>	<p> UG METCON 18:00 - 18:45</p>	<p> UG YOGA 17:00 - 18:00</p>	<p> UG METCON 18:00 - 18:45</p>	<p> UG POWERLIFTING 17:30 - 18:30</p>		
<p> UG SPIN 18:50 - 19:20</p>	<p> UG SPIN 18:30 - 19:15</p>	<p> UG BOXING 18:00 - 18:45</p>	<p> UG SPIN 18:30 - 19:15</p>			
<p> BJJ 19:30 - 21:00</p>	<p> UG CALISTHENICS 19:00 - 20:30</p>	<p> UG HYBRID 19:00 - 20:00</p>	<p> UG CALISTHENICS 19:00 - 20:30</p>			
	<p> POLE FITNESS 19:30 - 20:30</p>	<p> BJJ 19:00 - 20:30</p>				

LOCATION:

 GYM FLOOR

 STUDIO

Please see UG app for live weekly class updates
(Classes are subject to weekly changes)

Follow us on social media to keep up to date with the changes to the timetable. @undergroundgymnewhaven

UNDERGROUND GYM