



GROUP EXERCISE FROM 21 JUNE

DOUBLE THE FUN...

WITH FACE-TO-FACE & LIVESTREAMED OPTIONS

M T W T F S S

Fitness Pilates 1215-1300 👤	Yogalates 1215-1300 👤	Yoga 1215-1245 📶	Tai Chi 1215-1300 👤	Bootcamp 0700-0745 👤	Group Cycling 0915-1000 👤	Relax All day!
Abs and Core 1715-1745 📶 👤	Upper Body Conditioning 1715-1745 📶 👤	Pilates 1715-1800 👤	Lower Body Conditioning 1730-1800 📶 👤	Pilates 1215-1300 👤	Pump Blast 1015-1045 👤	
Group Cycling 1750-1835 👤	Cardio Funk 1800-1845 👤	Group Cycling 1810-1855 👤	Fitness Fusion 1815-1845 📶	Cardio HIIT 1700-1730 📶 👤		
Body Blitz 1800-1845 👤	Pump Blast 1900-1930 👤	HIIT 1900-1930 👤	Zumba® 1815-1900 👤			
Burlexercise® 1900-1945 👤			Group Cycling 1815-1900 👤			
			Pump Blast 1915-1945 👤			

- Mind/Body
- Strength/Tone
- Cardio/Endurance
- 📶 Livestreamed Session
- 👤 Face-to-Face Session
- 📶 👤 Blended Session



SCAN HERE
FOR MORE INFO

BucksGatewayGym

