

Starter K2 Class Timetable: Please be aware this timetable is subject to change over the coming months. The starter timetable is to kick off the K2 journey, we will be introducing such classes like Pilates, Yoga, Rugby Fit, Running Club, Box Fit and many more. Just keep watching this space. If you have any feedback at all regarding classes please just let us know, all feedback is important to us in making the K2 Gym Experience the best in Bridgend.

Monday:-

6.15am – 7am Indoor Cycling	7am (20min Split muscle group) Fast Blast	9.30am – 10.15am (TBC) Total Body Conditioning Circuit	12.30pm-1pm Lunchtime Fast Blast
6pm-6.45pm Circuits	6pm-6.45pm Warrior Training	7pm-7.45pm Indoor Cycling	

Tuesday:-

6.15am – 7am Wake Up Warrior	7am (20min Split muscle group) Fast Blast	9.30am – 10.15am Vibe Power	12.30pm-1pm Lunchtime Fast Blast
6pm-7pm Funky Pump	7.15pm-8pm Indoor Cycling		

Wednesday:-

6.15am – 7am Rise and Shine Circuit	7am (20min Split muscle group) Fast Blast	9.30am – 10.15am (TBC) Total Body Conditioning Circuit	12.30pm-1pm Lunchtime Fast Blast
6pm-6.45pm Indoor Cycling & Things	6.30pm-7.15pm Warrior Training		

Thursday:-

6.15am – 7am Wake Up Warrior	7am (20min Split muscle group) Fast Blast	9.30am – 10.15am Vibe Power	12.30pm-1pm Lunchtime Fast Blast
6pm-6.45pm Circuits	6-7pm Funky Pump	7.15pm-8pm Indoor Cycling	

Friday:-

6.15am – 7am Indoor Cycling	7am (20min Split muscle group) Fast Blast	9.30am – 10.15am (TBC) Total Body Conditioning Circuit	12.30pm-1pm Lunchtime Fast Blast
6pm-6.45pm Indoor Cycling	6pm-6.45pm Warrior Training		

Saturday:-

9am-9.45am Indoor Cycling	10am-10.45am Circuits	11am-12pm Funky Pump
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Sunday:-

10am-11am Indoor Cycling & Things

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