

CLASSES

MONDAY

FORTITUDE 41
6.00-6.45
PUSH

FORTITUDE 41
7.00-7.45
PUSH

FEROCITY 41
11.00-11.45

FORTITUDE 41
19.00-19.45
PUSH

TUESDAY

RIG 41
6.00-6.45

ASSAULT 41
11.00-11.45

FORTITUDE 41
17.00-17.45
PUSH

FEROCITY 41
19.00-19.45

WEDNESDAY

ASSAULT 41
6.00-6.45

ASSAULT 41
7.00-7.45

FORTITUDE 41
11.00-11.45
PULL

HYROX WOD
18.00-18.45

FORCE 41
19.00-19.45

THURSDAY

FORTITUDE 41
6.00-6.45
PULL

FEROCITY 41
11.00-11.45

FORTITUDE 41
18.00-18.45
PULL

FORTITUDE 41
19.00-19.45
PULL

FRIDAY

FEROCITY 41
6.00-6.45

ASSAULT 41
11.00-11.45

RIG 41
19.00-19.45

SATURDAY

FORTITUDE 41
8.00-8.45
PUSH/PULL

FITT CLUB 41
9.00-9.45

OPEN GYM
12.00-15.00

SUNDAY

ASSAULT 41
9.00-9.45

FORTITUDE 41
10.00-10.45
PUSH/PULL

OPEN GYM
12.00-15.00

CLASSES SUBJECT TO CHANGE
FOLLOW US ON FACEBOOK & INSTAGRAM
TO KEEP UP TO DATE WITH TIMETABLE CHANGES

@FITT41UK
FITT41.CO.UK

FITT41
RESULT DRIVEN TRAINING

