



GROUP TRAINING TIMETABLE

All our Strength and Conditioning Training Sessions need to be pre-booked via our App

MONDAY

6.00 - 6.45AM
6.45 - 7.30AM
7.30 - 8.15AM
9.15 - 10.00AM
9.15 - 10.00AM (*Bring Your Teen*)
10.15 - 11.00AM
5.45 - 6.30PM
7.00 - 7.45PM

TUESDAY

6.30 - 7.15AM
7.15 - 8.00AM
10.15 - 11.00AM
5.45 - 6.30PM
6.30 - 7.15PM

WEDNESDAY

6.00 - 6.45AM
6.45 - 7.30AM
9.15 - 10.00AM
9.15 - 10.00AM (*Bring Your Teen*)
10.15 - 11.00AM
5.45 - 6.30PM
7.00 - 7.45PM

THURSDAY

6.30 - 7.15AM
10.15 - 11.00AM
5.45 - 6.30PM
6.30 - 7.15PM

FRIDAY

6.00 - 6.45AM
6.45 - 7.30AM
9.15 - 10.00AM
9.15 - 10.00AM (*Bring Your Teen*)
10.15 - 11.00AM
5.45 - 6.30PM

SATURDAY

8.30 - 9.15AM
9.15 - 10.00AM
9.15 - 10.00AM (*Bring Your Teen*)

SUNDAY

Everyone needs a rest day!

Find out about our Personal Training Sessions, Nutrition & Optimisation Courses and more at: ultimatefitnesscheshire.co.uk

All training takes place at: The Bunker, Arley Road, Appleton Thorn, Warrington WA4 4RS