



GROUP TRAINING TIMETABLE

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

MONDAY

6.00am - 6.45am
6.45am - 7.30am
9.30am - 10.15am
10.15am - 11.00am
6.00pm - 6.45pm
6.45pm - 7.30pm

TUESDAY

6.00am - 6.45am
6.45am - 7.30am
9.30am - 10.15am
6.00pm - 6.45pm
6.45pm - 7.30pm

WEDNESDAY

6.00am - 6.45am
6.45am - 7.30am
9.30am - 10.15am
10.15am - 11.00am
6.00pm - 6.45pm
6.45pm - 7.30pm

THURSDAY

6.30am - 7.15am
9.30am - 10.15am
6.00pm - 6.45pm
6.45pm - 7.30pm

FRIDAY

6.00am - 6.45am
6.45am - 7.30am
9.30am - 10.15am
10.15am - 11.00am
6.00pm - 6.45pm

SATURDAY

8.30 - 9.15AM
9.15 - 10.00AM

SUNDAY

Everyone needs a rest day!

Find out about our Group and 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