



GROUP TRAINING TIMETABLE

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

MONDAY

5.55am - 6.40am
6.45am - 7.30am
9.15am - 10.00am
12.00pm - 12.45pm
5.55pm - 6.40pm
6.45pm - 7.30pm

TUESDAY

6.10am - 6.55am
7.00am - 7.45am
9.30am - 10.15am
5.30pm - 6.15pm
7.00pm - 7.45pm

WEDNESDAY

5.55am - 6.40am
6.45am - 7.30am
9.15am - 10.00am
12.00pm - 12.45pm
5.55pm - 6.40pm
6.45pm - 7.30pm

THURSDAY

6.10am - 6.55am
7.00am - 7.45am
9.30am - 10.15am
5.30pm - 6.15pm
7.00pm - 7.45pm

FRIDAY

5.55am - 6.40am
6.15am - 7.00am
6.45am - 7.30am
9.15am - 10.00am
12.00pm - 12.45pm
6.00pm - 6.45pm

SATURDAY

8.30 - 9.15am
9.15 - 10.00am

SUNDAY

Everyone needs a rest day!

Group Training, Personal Training and Nutrition & Optimisation Courses all available at our private training facility: ultimatefitnesscheshire.co.uk

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