



GROUP TRAINING TIMETABLE

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

MONDAY

5.55am - 6.45am
6.45am - 7.35am
9.15am - 10.05am
10.15am - 11.05am
12.15pm - 1.05pm
5.30pm - 6.20pm

TUESDAY

5.55am - 6.45am
6.45am - 7.35am
9.15am - 10.05am
10.15am - 11.05am
5.30pm - 6.20pm
6.30pm - 7.20pm

WEDNESDAY

5.55am - 6.45am
6.45am - 7.35am
9.15am - 10.05am
10.15am - 11.05am
12.15pm - 1.05pm
5.30pm - 6.20pm

THURSDAY

5.55am - 6.45am
6.45am - 7.35am
9.15am - 10.05am
10.15am - 11.05am
5.30pm - 6.20pm
6.30pm - 7.20pm

FRIDAY

5.55am - 6.45am
6.45am - 7.35am
9.15am - 10.05am
10.15am - 11.05am
12.15pm - 1.05pm
6pm - 6.50pm

SATURDAY

8am - 8.55am
9am - 9.55am

SUNDAY

8.30am - 9.20am

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