

WORKOUT TIMETABLE - MAGNIFICENT IN MARCH

TIME	MON	TUE	WED	THU	FRI	SAT
MORNING						
6:30	Urban	Urban	Urban	Urban	Urban	
7:15	Urban	Urban	Urban	Urban	Urban	
8:00			Urban		Urban	Urban
9:15	Urban	Urban	Urban	Urban	Urban	Urban 8:45
10:00	Urban				Urban	Urban 9:30
12:00		Urban				
12:45	Urban			Urban		
EVENING						
5:45	Urban			Urban		
6:30	Urban	Urban	Urban	Urban		
7:15	Urban	Urban	Urban	Urban		

This timetable is subject to demand and may change at any time. Bookings are essential.

Workout Cancellation & Reschedule Policy:

We require approximately 4 business hours notice to cancel or reschedule a workout appointment.

- For morning workouts the cancellation cut-off is 3pm the previous day.
- For lunchtime workouts the cancellation cut-off is 8am.
- For evening workouts the cancellation cut-off is 1pm.

The 40 Minute Menu

The Urban

Our signature, 'The Urban' is a Total Body Workout which cleverly combines strength training with cardiovascular and core conditioning. Our specifically trained Workout Coaches will make sure you do every movement perfectly to maximise energy expenditure and minimise the risk of injury. The workout changes monthly so boredom is never an issue.

For: Absolutely anybody who wants a Total Body Workout. It burns lots of calories, releases tonnes of stress and is guaranteed to make you feel and look fantastic. Modifiable for all fitness levels.

Do the Daily Three - Exercise, Eat Well, Think Good Things 😊