

# CLASS TIMETABLE

**BOOK: [WWW.URBANREFORMFIT.CO.UK](http://WWW.URBANREFORMFIT.CO.UK)**

	MON	TUES	WEDS	THURS	FRI	SAT
<b>6AM</b>	6-7AM TRANSFORM GROUP	6-6.30AM 6.45-7.15AM UR STRENGTH CLASS	6-7AM TRANSFORM GROUP	6-6.30AM 6.45-7.15AM UR HIIT CLASS	6-7AM TRANSFORM GROUP	
<b>7AM</b>	7-8AM TRANSFORM GROUP		7-8AM TRANSFORM GROUP		7-8AM TRANSFORM GROUP	
<b>8AM - 5.00PM</b>						9.00-10.00AM 10.00-11.00AM UR BOOTCAMP CLASS
<b>5.00PM</b>	5.00-6.00PM TRANSFORM GROUP		5.00-6.00PM TRANSFORM GROUP		5.00-6.00PM TRANSFORM GROUP	11.00AM UR YOGA CLASS
<b>6PM</b>	6-7PM TRANSFORM GROUP	6-7PM UR STRENGTH CLASS	6-7PM TRANSFORM GROUP	6-7PM UR STRENGTH CLASS	6-7PM TRANSFORM GROUP	
<b>7PM</b>	7-8PM TRANSFORM GROUP	7-8PM BEGINNERS BOXING CLASS	7-8PM TRANSFORM GROUP	7-8PM ADVANCED BOXING CLASS	7-8PM TRANSFORM GROUP	
<b>8PM</b>	8-9PM TRANSFORM GROUP		8-9PM TRANSFORM GROUP		8-9PM TRANSFORM GROUP	