

Osbaston timetable –

Monday- Friday

6am group Pt (45 minutes)
6.45am end of group PT

7am group PT (45 minutes)
7.45am end of group pt

8am 1:1 bookings (45 minutes)
8.45am end of 1:1

9am group PT (45 minutes)
9.45am end of group pt

10am group Pt (45 minutes)
10.45am end of group pt

10.45-4 gym closed

4pm group PT (45 minutes)
4.45pm end of group pt

5pm group Pt (45 minutes)
5.45pm end of group pt

6 pm bootcamp (45 minutes)
6.45pm end of bootcamp

7pm bootcamp (45 minutes)
7.45pm end of bootcamp

Sat:

8am bootcamp (45 minutes)
8.45am end of bootcamp

Sunday:
Closed