

FORT FITNESS

FITNESS CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 – 07:30 FORT-REV Fort Mix Studio 		06:45 – 07:30 HIIT IGNITION Fort Mix Studio 	06:45 – 07:30 KETTLEBELLS Fort Mix Studio 	07:00 – 07:30 FORT-REV Fort Mix Studio 		
07:45 – 08:15 KETTLEBELLS-X30 Fort Mix Studio 	09:00 – 10:00 Private Booking Fort Mix Studio	07:45 – 08:15 FORT-REV Fort Mix Studio 		07:45 – 08:30 BOOGIE BOUNCE Fort Mix Studio 		08:00 – 09:00 FORT-RIP Fort Mix Studio 
08:30 – 09:15 8.30 CLUB Fort Gym (Open Gym) 	10:30 – 11:30 THRIVE Fort Gym (Closed Gym) 	09:15 – 10:00 AQUA-MOVE Pool FORT MAX 		09:15 – 10:15 YOGA Fort Mix Studio 		09:30 – 10:15 AQUA-FIT Pool FORT MAX 
09:30 – 10:30 MOVE~WELL Fort Gym (Open Gym) 		12:00 – 12:30 CORE CRUNCH-X30 Fort Mix Studio 				
18:00 – 18:45 DANCE CARDIO Millbrook Village Hall 		12:45 – 13:15 KETTLEBELLS-X30 Fort Mix Studio 				
18:00 – 18:45 SHE>DEFENCE Fort Mix Studio 	17:00 – 17:30 KETTLEBELLS-X30 Fort Mix Studio 	17:30 – 18:30 PILATES ESSENTIALS Fort Mix Studio 	17:15 – 17:45 FORT-REV Fort Mix Studio 			
18:15 – 19:00 AQUA-FIT Pool FORT MAX 	18:00 – 18:45 BOOGIE BOUNCE Fort Mix Studio 	18:00 – 18:45 DANCE CARDIO Millbrook Village Hall 	18:15 – 19:00 AQUA-FIT Pool FORT MAX 			
19:30 – 20:30 FORT-RIP Fort Mix Studio 	19:15 – 20:00 BOX NRG Fort Mix Studio 	19:30 – 20:30 FORT-RIP Fort Mix Studio  COMING SOON	18:45 – 19:30 LEGS BUMS & TUMS Millbrook Village Hall 			

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FORT GYM

FORT GYM Members and PAYG Pool and Classes Members:

Dry-land class credits, and aqua session credits, both available in singles or blocks of 10 or 20 can be purchased in the online shop. Or consider a **FORT MIX** direct debit membership to include unlimited gym and classes, excluding Aqua-Fit and Aqua-Move.

FORT MIX

FORT MIX Members:

Unlimited gym and classes shown, excluding Aqua-Fit and Aqua-Move. Aqua session credits, single or blocks of 10 or 20 are available in the online shop. Or consider a **FORT MAX** direct debit membership to include all Aqua classes and 14 day max-advance booking to all classes.

FORT MAX

FORT MAX Members:

Unlimited gym and all classes shown, including Aqua-Fit and Aqua-Move. Your incredible **FORT MAX** direct debit membership also includes 14 days max-advance booking to all classes rather than the standard 7 days. Get ahead of the game!



Scan or click QR code
to register and select
your membership

With your membership, select this link to book classes online...

BOOK NOW

