

Wath Health and Fitness Hub Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30am Strength	6.30am Strength / Circuit	6.30am Strength	6.30am Strength / Circuit	6.30am Strength	8am Squad Boxing
9am Strength	9am Strength	9am Strength	9am Strength	9am Strength	8am Open Gym
			4.30pm Kids Boxing		9am Body Blast
5pm Youth Boxing	6pm Squad Boxing	5pm Youth Boxing	6pm Squad Boxing	5pm Youth Boxing	10am Kids Boxing
6pm Adult Boxing	6pm Body Blast	6pm Adult Boxing	6pm Body Blast	6pm Adult Boxing	
7pm Strength	7pm Strength	7pm Strength	7pm Strength	7pm Strength	

Facebook: @WathHub | Instagram: @Wath_Hub | Phone: 01709 947694
 Booking Page: www.wathhealthandfitnesshub.setmore.com
 Basement, Wath Value For Money Market, Montgomery Road, Wath upon Dearne, S63 7QP

