Progressive Training Systems Class Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am						Kettlebells	Kettlebells
9:30am	Circuits	Circuits	Circuits	Circuits	Circuits	Circuits	Circuits
10 & 11am	Body Blasters Ladies only 10-11am				Body Blasters Ladies only 10-11am	Dragon Taekwondo* Kids 6-16years 10:15-11:30am	
12pm	Kettlebells	Kettlebells	Kettlebells	Kettlebells	Kettlebells	Strongman 11am-1pm	Powerlifting 12-1:30pm
12:30pm	Circuits	Circuits	Circuits	Circuits	Circuits		
2pm							Strongman 2-4pm
5:30 onwards				PTS Kickboxing 6-7pm	Lee's Boxing* 5:30-7pm		
		Powerlifting 7-8pm		Powerlifting 7-8:30pm			
7pm	Kettlebells	Kettlebells	Kettlebells	Kettlebells	Kettlebells		
7:30pm	Circuits	Circuits	Circuits	Circuits	Circuits		
8pm	Tough Runner 8-9pm	Ladies Boxing 8-9pm		Tough Runner 8-9pm			

*** Freelance Class, not included in PTS membership.**

CLICK HERE TO BOOK YOUR SPACE!!!

Opening Hours and Prices

Opening Hours

Monday, Tuesday, Thursday 9:30am – 9pm
Wednesday & Friday 9:30am – 8pm
Saturday 9am-1pm
Sunday 9am-4pm
Last entry is 1 hour prior to closing on all days.

Membership Prices

1 Month £30
3 Months £70
1 Year £250

All PTS classes are included in the gym membership price.
Classes MUST be booked in advance.
Same day PAYG cancellations will be charged, repeated same day cancelations by members will be penalised.

Pay as you go PTS classes are £5 for 30min or £7 for 60mins or more. Kettlebells followed by circuits is charged as an hour session at £7 – Body Blasters is £5 PAYG

Dragon TKD is £4 per session or £14 per month
Lee's Boxing is £5 per session