NEW FITNESS CLASSES

SCAN TO BOOK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	THE MINISTRY RUN CLUB 0730 - 0815 INTERMEDIATE		**STRENGTH & CONDITIONING** 0745 - 0830 INTERMEDIATE		**GAYNS: ROADRUNNER RUN CLUB** 0930 - 1045 INTERMEDIATE	**PLEASE CHECK ONLINE FOR SUNDAY CLASSES**
	BEGINNER RUN CLUB 0830 - 0900 BEGINNER	**MOBILITY** 1230 - 1315 ALL LEVELS	**EXPRESS MEDITATION** (BIWEEKLY) 1230 - 1300 ALL LEVELS		**GAYNS: RUSH (STRENGTH & CONDITIONING)** 1130 - 1215 ALL LEVELS	
			PILATES 1730 - 1815 BEGINNER		**GAYNS: FOLD (YOGA)** 1130 - 1230 ALL LEVELS	
YOGA 1745 - 1830 BEGINNER	**STRENGTH CIRCUITS** 1745 - 1825 ALL LEVELS		**BOXERCISE** (3 CLASSES A MONTH) 1830 - 1915 ALL LEVELS			
DANCE CARDIO (BIWEEKLY) 1845 - 1930 ALL LEVELS	**CALISTHENICS** 1945 - 2030 ALL LEVELS	**HIIT & CORE** 1915 - 2000 ALL LEVELS				

PERSONAL TRAINING

Can’t shift those love handles on your own? Email PT@TheMinistry.com to enquire

The timetable above shows our regular classes - please check the events calendar for additional ad-hoc fitness and wellness sessions.