










Face 2 Face and Online Timetable

MONDAY					 <p>6.00pm - 7.00pm Circuit Training</p> <p>HGS £10 Pay as you go</p>
TUESDAY	<p>6.15am - 7.00am Early Bird Circuits</p> <p>HGS £10 Pay as you go</p>	<p>9.15am - 10.00am Fitness Pilates</p> <p>The Hub Knaresborough £10 Pay as you go</p>			 <p>7.30pm - 8.15pm HiIT Training</p> <p>Harrogate Grammar School</p>
WEDNESDAY			 <p>6.00pm - 6.45pm Boxercise Circuits</p> <p>HGS £10 Pay as you go</p>		 <p>7.00pm - 7.45pm Pilates</p> <p>HGS £10 Pay as you go</p>
THURSDAY					 <p>7.30pm - 8.20pm Body Weights Circuits</p> <p>Harrogate Grammar School</p>
FRIDAY	 <p>9.10am - 9.55am Fitness Pilates with Weights</p> <p>HSFC £10 Pay as you go</p> 				
SATURDAY	 <p>9.00am - 9.45am HiIT Training</p> <p>HGS £10 Pay as you go</p>			<p>All Classes must be booked online via the Website or the App</p> <p>https://heavenandhellfitness.com/book-your-class/</p>	

 **Face to Face Classes**

 **Live Online Zoom Classes**
Workout from home

  **Face to Face & Online Class**

HSFC - Harrogate Squash & Fitness Centre
HGS - Harrogate Grammar School