

Run Fit Fordingbridge Studio Timetable

Effective from 1st September 2026

To book into a class or book anything else - visit www.runfitfordingbridge.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday
	7:45am - 8:15am Turn & Burn Indoor Cycling	7:45am - 8:45am Pilates - Intermediate	7:45am - 8:30am Turn & Burn Indoor Cycling	7:45am - 8:25am HIIT - ADAPT
4pm - 4:30pm Fit Box	10:15am - 11am Sweat & Condition	10:15am - 11am Sweat & Condition		9:15am - 10am Sweat & Condition
5:15pm - 6pm Sweat & Condition	5:45pm - 6:30pm Sweat & Condition	5:45pm - 6:30pm Sweat & Condition		10:15am - 11am Purestretch - Core, Stretch & flexibility.
6:30pm - 7:15pm HIIT	6:45pm - 7:30pm Purestretch - Core, Stretch & flexibility.	6:45pm - 7:25pm Turn & Burn - Runners Edition	6pm - 6:45pm Sweat & Condition - Runners Edition	 RUNFIT FORDINGBRIDGE TRAIN • MASSAGE • WELLNESS

Autumn 2026 - V1

Plus Yoga Nidra, Sound Baths and other pop up sessions

www.Runfitfordingbridge.co.uk