

MISSION: FITNESS

CARDIFF

CURRENT TIMETABLE

(see website for recent updated times)

MONDAY

6.00-6.45am	MISSION:SPIN
9.30-10.15am	PUMP FX
10.15-11.00am	CORE RESTORE**
12.15-12.50pm	MISSION:SPIN
1.15-1.55pm	LEGS, BUMS & TUMS *
5.15-5.55pm	MISSION:SPIN
6.00-6.45pm	LEGS. BUMS & TUMS MISSION:SPIN
6.45-7.30pm	INSANITY
7.30-8.15pm	PUMP FX BOX FIT
8.15-9.00pm	PILATES

TUESDAY

6.45-7.30am	MISSION:SPIN
9.30-10.15am	MISSION:SPIN
10.00-10.45am	BUGGYFIT ROATH PARK LAKE
10.15-11am	PiYO
1.15-1.55pm	MISSION:SPIN *
OPEN GYM 12 NOON - 5 PM †	
5.15-6.00pm	LEGS, BUMS & TUMS
6.00-6.45pm	PUMP FX
6.45-7.30pm	FAMILY CLUBBERCISE AGE 12+ MISSION:SPIN
7.30-8.15pm	BOOTCAMP & MISSION:SPIN
8.15-9.00pm	PiYO

WEDNESDAY

6.00-6.45am	TRX BOOTCAMP
9.30-10.15am	PUMP FX
10.00-10.45am	BUGGYFIT LLANDAFF FIELDS
10.15-11.00am	PILATES & LATTES
1.15-1.55pm	HIIT *
OPEN GYM 12 NOON - 5 PM †	
5.15-6.00pm	MISSION:SPIN
6.00-6.45pm	PiYO
6.45-7.30pm	MISSION:SPIN
7.30-8.15pm	COMBAT
8.15-9.00pm	PILATES

* BABIES WELCOME ** ADDITIONAL PAID COURSE † OPEN GYM SESSIONS - you will need to book an hourly slot

FOR FURTHER ENQUIRIES
T: 02920 618926

THURSDAY

6.00-6.45am	BOOTCAMP
9.30-10.15am	INSANITY
10.15-10.55am	BOXFIT *
12.00-1.00pm	OPEN GYM
5.15-6.00pm	TURN'D UP FITNESS **
6.00-6.45pm	FATBLAST
6.45-7.30pm	PUMP FX MISSION:SPIN
7.30-8.15pm	CLUBBERCISE RUN CLUB
8.15-9.00pm	PiYO

FRIDAY

6.00-6.45pm	BOOTCAMP
6.50-7.30am	MISSION:SPIN
9.30-10.15am	FATBLAST
10.15-10.55am	TOTAL BODY WORKOUT *
OPEN GYM 12 NOON - 5 PM †	
12.15-1.00pm	MISSION:SPIN
4.30-5.15pm	MISSION:SPIN
5.15-6.00pm	BOOTCAMP
6.00-6.45pm	PILATES

SATURDAY

7.15-7.55am	MISSION:SPIN
8.00-8.45am	COMBAT
8.45-9.30am	PUMP FX
9.30-10.15am	MISSION:SPIN
10.15-11.00am	BOOTCAMP

SUNDAY

8.00-8.45am	BOOTCAMP
8.45-9.30am	LEGS, BUMS & TUMS
9.30-10.15am	PUMP FX
10.15-11.00am	PiYO
OPEN GYM 9 - 11 AM †	
5.00-6.00pm	SPIN! + ABS



EASY
BOOKING
WITH FITSENSE APP!

EVERYBODY WELCOME



- 50+ WEEKLY CLASSES
- PAY AS YOU GO OPTIONS
- NO CONTRACT NEEDED
- DISCOUNTED PT
- AIR CON
- FATLOSS PLANS
- FREE FITNESS ASSESSMENTS
- FREE PARKING
- CLASSES TO TRAIN WITH BABY
- RUN CLUB

PiYO

PILATES

clubbercise®

YOGA

COMBAT

SPIN

PUMP

INSANITY

MISSION:FITNESS

CONTACT FOR MORE INFORMATION:

T: 02920 618926

E: INFO@MISSIONFITNESSCARDIFF.CO.UK

FB: [@MISSIONFITNESSCARDIFF](https://www.facebook.com/MISSIONFITNESSCARDIFF)

1ST FLOOR, LANCASTER HOUSE,
MAES Y COED ROAD,
CARDIFF CF14 4HE

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EVERYBODY WELCOME SCULPT. STRETCH. SWEAT.

- 50+ WEEKLY CLASSES
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PiYO

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