

## READING

[Book Now](#)

MON	TUES	WEDS	THURS	FRI	SAT	SUN
DYNAMIC 6.45AM				DYNAMIC 6.45AM		
DYNAMIC 7.45AM	DYNAMIC 7.30AM	CHALLENGE 7.45AM	DYNAMIC 7.30AM	DYNAMIC 7.45AM	DYNAMIC 8AM	DYNAMIC 8AM
DYNAMIC 9.15AM	DYNAMIC 9.05AM	DYNAMIC (Women Only) 9.15AM	DYNAMIC 9.05AM	RECOVERY 9.15AM	DYNAMIC 9AM	DYNAMIC 9AM
DYNAMIC 10.15AM	DYNAMIC 10.05AM	DYNAMIC 10.15AM	DYNAMIC 10.05AM	DYNAMIC 10.15AM	DYNAMIC 10AM	RECOVERY 10AM
DYNAMIC (Women Only) 12PM					DYNAMIC 11AM	DYNAMIC 11AM
		DYNAMIC 12.30PM				
DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM		
DYNAMIC 6.30PM	DYNAMIC (Women Only) 6.30PM	DYNAMIC 6.30PM	DYNAMIC (Women Only) 6.30PM	RECOVERY 6.30PM		
CHALLENGE 7.30PM	DYNAMIC 7.30PM	DYNAMIC 7.30PM	RECOVERY 7.30PM			

## WOKINGHAM

[Book Now](#)

MON	TUES	WEDS	THURS	FRI	SAT	SUN
DYNAMIC 7AM	DYNAMIC 7AM	CHALLENGE 7AM	DYNAMIC 7AM	CHALLENGE 7AM		
CHALLENGE 8AM	DYNAMIC 8AM	DYNAMIC 8AM	CHALLENGE 8AM	DYNAMIC 8AM	DYNAMIC 8AM	CHALLENGE 8AM
DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM	DYNAMIC 9AM
RECOVERY 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	DYNAMIC 10AM	RECOVERY 10AM
DYNAMIC 12PM	DYNAMIC 12PM	DYNAMIC 12PM	DYNAMIC 12PM	DYNAMIC 12PM	DYNAMIC 11AM	DYNAMIC 11AM
DYNAMIC 1PM	DYNAMIC 1PM	RECOVERY 1PM	CHALLENGE 1PM	DYNAMIC 1PM	DYNAMIC 12PM	DYNAMIC 12PM
DYNAMIC 4.30PM				DYNAMIC 4.30PM		
DYNAMIC 5.30PM	CHALLENGE 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM	DYNAMIC 5.30PM		
DYNAMIC 6.30PM	DYNAMIC 6.30PM	DYNAMIC 6.30PM	DYNAMIC 6.30PM	CHALLENGE 6.30PM		
CHALLENGE 7.30PM	DYNAMIC 7.30PM	DYNAMIC 7.30PM	RECOVERY 7.30PM			