



Class Timetable

103a Birmingham Road,
CV5 9GT
[Updated: 06/03]

Mondays

- Strength Camp: 6.00-6.45
- Hybrid Athlete: 9.30-10.30
- **Baby Gym Stay + Play: 10.30-11.30 (JTU: £3)**
- Strength Camp: 11.00-11.45
- **One O'Clock Club: 13.00-14.00 (JTU: £5)**
- SBD: 16.00-17.00
- Built By The Bell: 17.00-18.00
- **Vinyasa Flow Yoga: 18.00-19.00 (JTU: £6)**
- Strength Camp: 18.00-18.45
- Kickboxing HIIT: 20.30-21.00 (£3)

Tuesdays

- Sports Performance: 6.00-7.00
- Hybrid Athlete: 9.30-10.30
- **50+ LBTs: 9.15-10.00 (JTU: £5)**
- Toddler Sense: 10.45-11.35
- Built By The Bell: 11.00-12.00
- **Meditation: 13.05-13.55 (JTU: £5)**
- **Baby Gym Stay + Play: 14.30-15.30 (JTU: £3)**
- Strongman: 16.00-17.00
- Strength Camp: 17.00-17.45
- Hybrid Athlete: 18.00-19.00
- **Vinyasa Flow Yoga: 19.00-20.00 (JTU: £6)**
- Urban Social: 19.00-20.00

Wednesdays

- Strength Camp: 6.00-6.45
- Hybrid Athlete: 9.30-10.30
- Strength Camp: 11.00-11.45
- SBD: 16.00-17.00
- Built By The Bell: 17.00-18.00
- Strength Camp: 18.00-18.45
- **Kickboxing: 19.00-20.00 (JTU: £7)**

Thursdays

- Sports Performance: 6.00-7.00
- Toddler Sense: 9.30-10.20
- Built By The Bell: 9.30-10.30
- Hybrid Athlete: 11.00-12.00
- **Baby Gym Stay + Play: 11.00-12.00 (JTU: £3)**
- **Pilates: 13.45-14.45 (JTU: £7)**
- Strongman: 16.00-17.00

- Strength Camp: 17.00-17.45
- **Kundalini Yoga: 18.00-19.00 (JTU: £6)**
- Hybrid Athlete: 18.00-19.00
- **Vinyasa Flow Yoga: 19.00-20.00 (JTU: £6)**

Fridays

- Strength Camp: 6.00-6.45
- Strongman: 9.30-10.30
- **50+ Aerobics: 9.45-10.30 (JTU: £3.50)**
- Strength Camp: 11.00-11.45
- **Baby Gym Stay + Play: 13.00-14.00 (JTU: £3)**
- SBD: 16.00-17.00
- F.A.F: 17.00-18.15
- MOB: 18.15-19.00 (JTU: £3)

Saturdays

- Sports Performance: 7.00-8.00
- Strength Camp: 8.00-8.45
- **Kettlebells: 9.00-9.45 (JTU: £5)**
- Hybrid Athlete: 10.00-11.00

Sundays

- Sunday Club: 7.30-8.30
- **Kickboxing: 9.00-10.00 (JTU: £7)**
- Learn to Lift: 10.15-11.15
- **Old School Goats 5k: 10.00 (JTU: free)**
- **HIIT of Mindfulness: 10.30-11.15 (JTU: £7)**
- **Old School Goats C25K: 10.45 (JTU: free)**
- Learn to Lift: 11.30-12.30
- **Sunday Circuits: 11.30-12.30 (JTU: £7)**
- **Baby Gym Stay + Play: 13.00-14.00 (JTU: £3)**
- **Hatha Yoga: 18.30-19.30 (JTU: £6)**

- ❖ **Revive Sports Massage:**
www.revivecoventry.co.uk
- ❖ **Natural Beauty and Holistic Therapies**
(Tania: 07907 683267)
- ❖ **Indian Head Massages for children with emotional challenges** (Eileen: 07890 486237)
- ❖ **Old School Goats Running Club** (Elysia: 07850 299988)
- ❖ **SAM Body Confidence Programme** (Sam: 07808 131800)

JTU: Just Turn Up / Pay As You Go option
Black: booking or membership required
Call/Text: 07815 967065
Email: hello@oldschoolfitness.org
Website: www.oldschoolfitness.org