

GYM REB3L

#BeDifferent

Gym Reb3l South Liverpool Timetable Updated: 12th April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am		5:45am	5:45am	5:45am
REB3L STRENGTH		REB3L STRENGTH	REB3L FIT	REB3L RUMBLE
6:30am	6:30am	6:30am	6:30am	6:30am
REB3L STRENGTH	REB3L YOGA	REB3L STRENGTH	REB3L FIT	REB3L RUMBLE
10:00am	10:00am	10:00am	10:00am	10:00am
REB3L STRENGTH	REB3L RUMBLE	REB3L STRENGTH	REB3L RUMBLE	REB3L FIT
6:00pm	6:00pm	6:00pm	6:00pm	6:00pm
REB3L STRENGTH	REB3L RUMBLE	REB3L STRENGTH	REB3L RUMBLE	REB3L FIT
7:00pm	7:00pm	7:00pm	7:00pm	
REB3L STRENGTH	REB3L FIT	REB3L STRENGTH	REB3L YOGA (1 hour)	

How to Book: Log on to GymReb3l.com/book-now to book your class

Non-members: All Gym Reb3l members must go through our initial 6-week transformation program to put together a solid foundation on nutrition and coaching for maximum results: Call 07889674500