



Upcoming Programs Launching 2024

- **F45 Battersea Park, 348 Queenstown Road, Lanson Bldg, London SW8 3QQ - 12 week Program**
Start date: 30th January 2024
Class times:
Tuesdays and Thursdays 9:00-10:00am
- **F45 Kensington Olympia, 103 Hammersmith Road, Hammersmith, London W14 0QH, UK - 12 week Program**
Start date: 30th January 2024
Class times:
Tuesdays and Thursdays 9:00-10:00am
- **F45 Stratford, 30 East Bay Lane, London E20 3BS -12 week Program**
Start date: 29th January 2024
Class times:
Mondays and Thursdays 10:00-11:00am
- **One LDN, The Boulevard, London SW6 2UB - 12 week Program**
Start date: 10th January 2024
Class times:
Wednesdays and Fridays 5:00-6:00pm
- **Your Gym Lytham, Unit 1-3 Lytham Trade Park, Preston Road, Lytham, St. Annyes, FY8 5FP - 12 week Program**
Start date: 2nd February 2024
Class times:
Tuesday 7:00-8:00pm and Friday 5:30-6:30pm
- **Gymbox Farringdon, 20 Farringdon Road, Cowcross Street, London EC1M 3AP - 12 week Program**
Start date: 12th March 2024
Class Times:
Tuesdays 3:00-4:00pm and Thursdays 3:00-4:00pm