



# THE JUNGLE BOX

Fitness at Gurnard

Functional Fitness Training incorporates and blends together traditional cardio movements (running, rowing, biking, swimming), with Olympic weightlifting and gymnastics to provide the best all round fitness. Expect a varied program, using functional movements all performed at relatively high intensity. The results are a broad and inclusive fitness for anyone!

Thursday 1<sup>st</sup> October - Launch

07:30 -13:30 Open Gym  
18:00 – 20:00 Induction  
20:00 – 21:00 Open Gym

Friday

06:30 – 07:30 Functional Fitness Class  
07:30 -09:30 Open Gym  
09:30 – 10:30 Functional Fitness Class  
10:30 – 13:30 Open Gym  
15:30 – 16:15 Junior Functional Fitness (7 – 12)  
16:30 – 17:15 Teen Functional Fitness (13- 17)  
17:30 – 18:30 Functional Fitness Class  
18:30 – 19:30 Functional Fitness Class  
19:30 – 21:00 Open Gym

Saturday

07:30 – 08:30 Functional Fitness Class  
08:30 – 12:30 Open Gym

Sunday

08:30 – 12:30 Open Gym

Monday

06:30 – 07:30 Functional Fitness Class  
07:30 - 09:30 Open Gym  
09:30 – 10:30 Functional Fitness Class  
10:30 – 13:30 Open Gym  
16:30 – 21:00 Open Gym

Tuesday

07:30 - 13:30 Open Gym  
17:30 – 18:30 Functional Fitness Class  
18:30 – 19:30 Functional Fitness Class  
19:30 – 21:00 Open Gym

Wednesday

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07:30 -09:30 Open Gym  
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Head Coach – Phil Devereux

Phil is a respected member of the Island's fitness community with more than 20 years' experience of coaching in a range of sports and disciplines. Whether coaching young children or elite athletes he shows the same passion and professionalism. In his spare time Phil has had notable success in CrossFit competition.