

WillBfit

gym

Where fitness meets community.

Let's make every
workout count
together!

Gym. Classes. Mummies.
Hybrid Coaching.
Personal Training.
Nutrition. Sports Massage.



willbfitgym.co.uk

@willbfit_gym



WillBfit Unit H, 2 Coppi Industrial Estate, Rhos, Wrexham LL14 1TG. t.01978 846900 e.enquiries@willbfitgym.co.uk

Open

Monday

6:45am - 11:30am
2:30pm - 9:00pm

Tuesday

8:30am - 11:30am
2:30pm - 9:00pm

Wednesday

6:45am - 11:30am
2:30pm - 9:00pm

Thursday

8:30am - 11:30am
2:30pm - 9:00pm

Friday

6:45am - 11:30am
2:30pm - 8:00pm

Saturday

11:30am - 1:00pm

Sunday

9:30am - 1:00pm

Closed

Strength Con
6:45am - 7:30am

Cardio Con
9:30am - 10:15am

WillBfit Mummies
Total Core
10:30am - 11:30am

Cardio Con
6:45am - 7:30am

Strength Con
9:30am - 10:15am

WillBfit Mummies
Upper + Core
10:30am - 11:30am

Metafit
6:45am - 7:30am

Bodyblitz
9:30am - 10:15am

WillBfit Mummies
Lower + Core
10:30am - 11:30am

Hatha Yoga
9:30am - 10:30am

Metafit
10:30am - 11:00am

Metafit
5:30pm - 6:15pm

Cardio Con
6:30pm - 7:30pm

Hybrid Coaching
7:30pm - 9:00pm

Absolute Kettlebells
or Combat
5:30pm - 6:15pm

Chipper Strength
6:30pm - 7:30pm

Chipper Strength
5:30pm - 6:30pm

Flex 'N' Burn+Abs
6:30pm - 7:30pm

Strength Con
5:30pm - 6:15pm

Strength+Core
6:30pm - 7:30pm

Metafit
5:30pm - 6:15pm