KORE WELLBEING · BOWNESS-ON-WINDERMERE

Weekly timetable & opening hours

Group coaching groups train at 6am, 7am or 8am (Mon & Wed or Tue & Thu). Classes bookable via TeamUp. Live calendar at korewellbeing.com/book is always the source of truth.

Monday

- 06:00 – 09:00 **Group Coaching**
- 09:00 – 18:00 **Open Gym**
- 18:00 – 19:00 **Kore Kombat**

Tuesday

- 06:00 – 09:00 **Group Coaching**
- 09:00 – 14:00 **Open Gym**
- 19:00 – 20:00 **Women's Strength Foundations**

Wednesday

- 06:00 – 09:00 **Group Coaching**
- 09:00 – 18:00 **Open Gym**
- 18:00 – 18:45 **Kore Blast**

Thursday

- 06:00 – 11:00 **Group Coaching**
- 11:00 – 18:00 **Open Gym**
- 18:00 – 19:00 **Kore Ascent**

Friday

- 06:00 – 09:00 **Group Coaching**
- 09:00 – 14:00 **Open Gym**

Saturday

- 08:30 – 14:00 **Open Gym**

Sunday

- 08:30 – 12:00 **Open Gym**

OPEN GYM HOURS

Monday	**09:00 – 18:00**
Tuesday	**09:00 – 14:00**
Wednesday	**09:00 – 18:00**
Thursday	**11:00 – 18:00**
Friday	**09:00 – 14:00**
Saturday	**08:30 – 14:00**
Sunday	**08:30 – 12:00**

GROUP COACHING HOURS

Monday	**06:00 – 09:00**
Tuesday	**06:00 – 09:00 · 19:00 – 20:00 (Women's Strength Foundations)**
Wednesday	**06:00 – 09:00**
Thursday	**06:00 – 11:00**
Friday	**06:00 – 09:00**

Rowan House, Beresford Road, Bowness-on-Windermere, LA23 2JG · 07429 565591 · korewellbeing.com · Times may vary on bank holidays.