

Week 1	Week 2	Week 3	Week 4	Week 5
AUGUST GROUP TRAINING TIMETABLE	Monday 7th	Monday 14th	Monday 21st	Monday 28th
	6.45am & 9.30am Running Circuits	6.45am & 9.30am Rowing Circuits	6.45am & 9.30am Skipping Circuits	August Bank Holiday 10am
	6pm HIIT Me Hard	6pm Plyometric Fun	6pm Metabolic Madness	X FIT
Tuesday 1st	Tuesday 8th	Tuesday 15th	Tuesday 22nd	Tuesday 29th
6.45am & 6.30pm Metabolic Barbell	6.45am & 6.30pm Superman	6.45am & 6.30pm Spartan 300	6.45am & 6.30pm Feeling Chesty	6.45am & 6.30pm Arm Yourself
7pm Spin Circuit	7pm Spin Circuit	7pm Spin Circuit	7pm Spin Circuit	7pm Spin Circuit
Wednesday 2nd	Wednesday 9th	Wednesday 16th	Wednesday 23rd	Wednesday 30th
6.45am & 9.30am Freestyle Spinning	6.45am & 9.30am Freestyle Spinning	6.45am & 9.30am Freestyle Spinning	6.45am & 9.30am Freestyle Spinning	6.45am & 9.30am Freestyle Spinning
7.30pm Pro Boxing	7.30pm Pro Boxing	7.30pm Pro Boxing	7.30pm Pro Boxing	7.30pm Pro Boxing
Thursday 3rd	Thursday 10th	Thursday 17th	Thursday 24th	Thursday 31st
9.30am & 6pm 12-6 Tone	9.30am & 6pm Lower Body Blast	9.30am & 6pm Drop it like it's hot	9.30am & 6pm Post Exhaust	9.30am & 6pm Rest-Pause Sets
Friday 4th	Friday 11th	Friday 18th	Friday 25th	
6.45am & 6.30pm Bodyweight Aerobics	6.45am & 6.30pm You must be Insane	6.45am & 6.30pm Kettlebell Crucifier	6.45am & 6.30pm Metafit's Perfect	
7.30pm Stabilize Yourself	7.30pm Core Balls and Bands	7.30pm Functional Friday	7.30pm Abs of steel	
Saturday 5th	Saturday 12th	Saturday 19th	Saturday 26th	
9.00am Freestyle Spinning	9.00am Freestyle Spinning	9.00am Freestyle Spinning	9.00am Freestyle Spinning	
Sunday 6th	Sunday 13th	Sunday 20th	Sunday 27th	
10am Box n Burn	10am Interval Training	10am HIIT That Core	10am Bodyweight Blast	

**Plus every week: - YOGA - Mon 7-8pm
FITSTEPS - Mon 7.15-8.15pm
RUN CLUBS – Tues 9.30am, Thurs 7pm, Sunday 9am
BIKING CLUB - Sundays**

FAT BURNING SESSIONS

CONDITIONING SESSIONS