

Monday 1 <sup>st</sup>	Monday 8 <sup>th</sup>	Monday 15 <sup>th</sup>	Monday 22 <sup>nd</sup>	Monday 29 <sup>th</sup>
<b>CLOSED</b>	6.45am, 9.30am & 6pm Spinning	6.45am, 9.30am & 6pm Max Intervals	6.45am, 9.30am & 6pm Battle That TRX	6.45am, 9.30am & 6pm Turbo Training
	7.15am, 10am & 6.30pm Armed & Dangerous	7.15am, 10am & 6.30pm Gladiator	7.15am, 10am & 6.30pm Abs Countdown	7.15am, 10am & 6.30pm Silly Super Sets
Tuesday 2 <sup>nd</sup>	Tuesday 9 <sup>th</sup>	Tuesday 16 <sup>th</sup>	Tuesday 23 <sup>rd</sup>	Tuesday 30 <sup>th</sup>
9.30am & 6pm (one hour)  Power Tone	7.15am & 10am Pyramid Power	7.15am & 10am Burn them Biceps	7.15am & 10am Ball Blast	7.15am & 10am Beast That Booty
	6.45am, 9.30am & 6.30pm Hells Kettlebell's	6.45am, 9.30am & 6.30pm Combat Kings	6.45am, 9.30am & 6.30pm Jump Jump	6.45am, 9.30am & 6.30pm Up the tempo
	7-8pm (one hour) Barbell Blitz	7-8pm (one hour) Suicide Circuit Training	7-8pm (one hour) TRX & Tabata	7-8pm (one hour) Thighs The Limit
Wednesday 3 <sup>rd</sup>	Wednesday 10 <sup>th</sup>	Wednesday 17 <sup>th</sup>	Wednesday 24 <sup>th</sup>	Wednesday 31 <sup>st</sup>
9am & 7pm (one hour)  New Year Calorie Challenge	6.45am & 9.30 & 7pm Drop it like it's hot	6.45am & 9.30 & 7pm Extreme Bodyweight	6.45am & 9.30 & 7pm Tag Team Training	6.45am & 9.30 & 7pm Dirrrty 30
	7.15am & 10am Spartan 300	7.15am & 10am Functional Core	7.15am & 10am Shape Up	7.15am & 10am Legs 11
Thursday 4 <sup>th</sup>	Thursday 11 <sup>th</sup>	Thursday 18 <sup>th</sup>	Thursday 25 <sup>th</sup>	 
9.30am & 6pm (one hour)  Tri-sets	9.30am & 6pm Turbulence Training	9.30am & 6pm Spin it to win it	9.30am & 6pm Calorie Madness	
	10am & 6.30pm Balls, Bar & Bells	10am & 6.30pm Freestyle LBT	10am & 6.30pm Dumbbell Toner	
Friday 5 <sup>th</sup>	Friday 12 <sup>th</sup>	Friday 19 <sup>th</sup>	Friday 26 <sup>th</sup>	
9am & 6pm (one hour)  Fat Burner	6.45am, 9.30am, 6.30-7.30 Freestyle Step	6.45am, 9.30am, 6.30-7.30 Spartacus	6.45am, 9.30am, 6.30-7.30 Fight Club	
	7.15am, 10am & 7.30pm Tuck That Tummy Tight	7.15am, 10am & 7.30pm On your marks, drop, set GO!!	7.15am, 10am & 7.30pm Fab Abs	
Saturday 6 <sup>th</sup>	Saturday 13 <sup>th</sup>	Saturday 20 <sup>th</sup>	Saturday 27 <sup>th</sup>	
10-11am Legs on Legs	10-11am Arm Yourself	10-11am Metabolic Weights	10-11am Push/Pull & Plyo	
Sunday 7 <sup>th</sup>	Sunday 14 <sup>th</sup>	Sunday 21 <sup>st</sup>	Sunday 28 <sup>th</sup>	
10am (one hour) Bums & Tums	10am (one hour) Core Cardio	10am (one hour) Boxing Blast	10am (one hour) Tabata Tone	

**Weekly Sessions: -**

**YOGA - Monday (7.00pm)    PRO BOXING – Wednesday (7.30pm)**  
**RUN CLUB – Sunday (9.00am)    BEGINNERS RUN CLUB - (Thursday 7-7.30pm)**  
**SPIN - Saturday (9.00am)**

<b>FAT BURNING SESSIONS</b>
<b>SHAPING SESSIONS</b>
<b>CORE / STRETCH SESSIONS</b>