

FEBRUARY GROUP TRAINING TIMETABLE



	Monday 5 th	Monday 12 th	Monday 19 th	Monday 26 th
	6.45am, 9.30am & 6pm Body weight HIIT	6.45am, 9.30am & 6pm Skip Circuit	6.45am, 9.30am & 6pm HIIT Spin	6.45am, 9.30am & 6pm Metabolic Effect
	7.15am, 10am & 6.30pm Plank it and Tone	7.15am, 10am & 6.30pm Legs 11	7.15am, 10am & 6.30pm 15 – 1 Torso Training	7.15am, 10am & 6.30pm Core Strength
Tuesday 6 th	Tuesday 13 th	Tuesday 20 th	Tuesday 27 th	
6.45am & 9.30am Spinsanity	7.15am & 10am ABSolute	6.45am & 9.30am 300 Challenge	7.15am & 10am Power Stretch	
6.30pm Metafit	6.45am, 9.30am & 6.30pm Barbell Battles	6.30pm Build up Circuit	6.45am, 9.30am & 6.30pm Monster Set Madness	
7-8pm (one hour) Bars & Burpees	7-8pm (one hour) Dumbbell Demolition	7-8pm (one hour) Tri-sets and Sweats	7-8pm (one hour) Extreme Body Pump	
Wednesday 7 th	Wednesday 14 th	Wednesday 21 st	Wednesday 28 th	
6.45am & 9.30 & 7pm Old school circuits	6.45am & 9.30 & 7pm Love to Burn	6.45am & 9.30 & 7pm Boxercise	6.45am & 9.30 & 7pm Boxes & Bars	
7.15am & 10am Barbell HIIT	7.15am & 10am Turbulence Training	7.15am & 10am Core Blaster	7.15am & 10am Battle It Out	
Thursday 1 st	Thursday 8 th	Thursday 15 th	Thursday 22 nd	
9.30am & 6pm Relay Run	9.30am & 6pm Power Push & Pull	9.30am & 6pm Uphill Biking	9.30am & 6pm Tabata Bodyweight	
10am & 6.30pm Arm Yourself	10am & 6.30pm Lovely Legs	10am & 6.30pm 12/10/8/6/4/2	10am & 6.30pm Tabata Weights	
Friday 2 nd	Friday 9 th	Friday 16 th	Friday 23 rd	
6.45am, 9am & 6.30pm Expendables	6.45am, 9.30am, 6.30-7.30 Tornado Training	6.45am, 9.30am, 6.30-7.30 Functional Fun	6.45am, 9.30am, 6.30-7.30 Spin Time	
7.15am, 10am & 7.30pm Ball Core	7.15am, 10am & 7.30pm Cali Strength	7.15am, 10am & 7.30pm P90x Abs	7.15am, 10am & 7.30pm Upper Body Drop Sets	
Saturday 3 rd	Saturday 10 th	Saturday 17 th	Saturday 24 th	
10-11am Pain in Pairs	10-11am Upper Body Endurance	CHARITY DAY 8am – 8pm	10-11am Arms & Abs	
Sunday 4 th	Sunday 11 th	Sunday 18 th	Sunday 25 th	
10am (one hour) Timed Metafit	10am (one hour) Legs, Bums & Tums	10am (one hour) Brazilian Booty	10am (one hour) Box n Burn	



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)

FAT BURNING SESSIONS

SHAPING SESSIONS

CORE / STRETCH SESSIONS