

Easter Monday 2 <sup>nd</sup> April	Monday 9 <sup>th</sup>	Monday 16 <sup>th</sup>	Monday 23 <sup>rd</sup>	Monday 30 <sup>th</sup>
9.30-10.30am Only	6.45am, 9.30am & 6pm Boxing Mayhem	6.45am, 9.30am & 6pm Metabolic Effect	6.45am, 9.30am & 6pm Skip Circuit	6.45am, 9.30am & 6pm 80's Spin Revival
Aim High	7.15am, 10am & 6.30pm Total Tone	7.15am, 10am & 6.30pm Isolate Those Arms	7.15am, 10am & 6.30pm Abs Blaster	7.15am, 10am & 6.30pm Armageddon
Tuesday 3 <sup>rd</sup>	Tuesday 10 <sup>th</sup>	Tuesday 17 <sup>th</sup>	Tuesday 24 <sup>th</sup>	
7.15am & 10am Time for an Interval	7.15am & 10am Upper Body Pyramids	7.15am & 10am Body Pump	7.15am & 10am Oh Balls	 <p><b>APRIL</b> <b>GROUP</b> <b>TRAINING</b> <b>TIMETABLE</b></p>
6.45am, 9.30am & 6.30pm Legs 11	6.45am, 9.30am & 6.30pm Bike Fit	6.45am, 9.30am & 6.30pm Suicide Drills	6.45am, 9.30am & 6.30pm Metabolic Tornado	
7.00-8.00pm (one hour) Ton Up	7.00-8.00pm (one hour) Upper Body Tabata	7.00-8.00pm (one hour) Extreme Pump	7.00-8.00pm (one hour) Push/Pull Supersets	
Wednesday 4 <sup>th</sup>	Wednesday 11 <sup>th</sup>	Wednesday 18 <sup>th</sup>	Wednesday 25 <sup>th</sup>	
6.45am & 9.30am & 7pm TRX and ViPR	6.45am & 9.30am & 7pm Old School Circuit	6.45am & 9.30am & 7pm Cross Fit Calories	6.45am & 9.30am & 7pm Perfect Pins	
7.15am & 10am Thigh is the limit	7.15am & 10am HIIT the Bars	7.15am & 10am Core Countdown	7.15am & 10am How Fast Can You Go?	
Thursday 5 <sup>th</sup>	Thursday 12 <sup>th</sup>	Thursday 19 <sup>th</sup>	Thursday 26 <sup>th</sup>	
9.30am & 6pm Time to Spin	9.30am & 6pm Battle It Out	9.30am & 6pm Boxercise	9.30am & 6pm Partner Targets	
10am & 6.30pm Step Circuit	10am & 6.30pm Team Tri-Sets	10am & 6.30pm Push & Pull	10am & 6.30pm Go Heavy or Go Home	
Friday 6 <sup>th</sup>	Friday 13 <sup>th</sup>	Friday 20 <sup>th</sup>	Friday 27 <sup>th</sup>	
6.45am, 9.30am, 6.30-7.30 Friday Fight Club	6.45am, 9.30am, 6.30-7.30 Unlucky 13	6.45am, 9.30am, 6.30-7.30 Flip a Coin	6.45am, 9.30am, 6.30-7.30 Insanity Plyo	
7.15am, 10am & 7.30pm Ab-Tastic	7.15am, 10am & 7.30pm Stretch It Out	7.15am, 10am & 7.30pm Shoulder Sculpting	7.15am, 10am & 7.30pm Power Yoga	
Saturday 7 <sup>th</sup>	Saturday 14 <sup>th</sup>	Saturday 21 <sup>st</sup>	Saturday 28 <sup>th</sup>	
10-11am 10 x 10 Supersets	10-11am Tone to the bone	10-11am Kettlebell Killer	10-11am Drop it like its hot	
Sunday 8 <sup>th</sup>	Sunday 15 <sup>th</sup>	Sunday 22 <sup>nd</sup>	Sunday 29 <sup>th</sup>	
10-11am Power Pilates	10-11am Brazilian Booty	10-11am Vibe Decathlon	10-11am Bodyweight Blitz	

**Weekly Sessions: -**

**YOGA - Monday (7-8pm)**      **YOGA FOR HEALTHY BACKS - Monday (8.15-9.15pm)**  
**PRO BOXING - Wednesday (7.30-8.30pm)**  
**BEGINNERS RUN CLUB - (Thursday 7-7.30pm)**  
**SPIN - Saturday (9.00-9.45am)**      **RUN CLUB - Sunday (9-10am)**

**FAT BURNING SESSIONS**

**SHAPING SESSIONS**

**CORE / STRETCH SESSIONS**