

	Monday 7 th	Monday 14 th	Monday 21 st	Monday 28 th
	BANK HOLIDAY 9.30-10.30am	6.45am, 9.30am & 6pm Freestyle Circuit	6.45am, 9.30am & 6pm Cardio Crunching	BANK HOLIDAY 9.30-10.30am
Body Pump Blitz	7.15am, 10am & 6.30pm Legs 11	7.15am, 10am & 6.30pm Very Armful	Calorie Countdown	
Tuesday 1 st May	Tuesday 8 th	Tuesday 15 th	Tuesday 22 nd	Tuesday 29 th
6.45am & 9.30am & 6.30pm Leg Pyramids	6.45am & 9.30am & 6.30pm HIIT Spin	6.45am & 6.30pm Burn Baby Burn	6.45am & 6.30pm Spin sanity	6.45am & 6.30pm Boxing Day
7.15am & 10am Calorie Comp	7.15am & 10am Insanity Abs	7.15am & 10am Pain in Pairs	7.15am & 10am Power Stretch	7.15am & 10am Interval Abs
7.00-8.00pm (one hour) Wolverine	7.00-8.00pm (one hour) German Volume Training	7.00-8.00pm (one hour) The Golden 6	7.00-8.00pm (one hour) Bars & Balls	7.00-8.00pm (one hour) Overload Training
Wednesday 2 nd	Wednesday 9 th	Wednesday 16 th	Wednesday 23 rd	Wednesday 30 th
6.45am & 9.30am & 7pm Core Countdown	6.45am & 9.30am & 7pm Fight Time	6.45am & 9.30am & 7pm Bodyweight Burn	6.45am & 9.30am & 7pm Ultimate LBT	6.45am & 9.30am & 7pm Arm Yourself
7.15am & 10am MetaFit	7.15am & 10am Heavenly Legs	7.15am & 10am Core Crazy	7.15am & 10am Jump Around	7.15am & 10am Cardio Relays
Thursday 3 rd	Thursday 10 th	Thursday 17 th	Thursday 24 th	Thursday 31 st
9.30am & 6pm Skip & Sprint	9.30am & 6pm Metabolic Blast	9.30am & 6pm Spin 90's	9.30am & 6pm Fight Time	9.30am & 6pm Gym Olympics Burn
10am & 6.30pm Tabata Tone	10am & 6.30pm Shape That Ass	10am & 6.30pm AbTastic	10am & 6.30pm Kettlecise	10am & 6.30pm Gym Olympics Tone
Friday 4 th	Friday 11 th	Friday 18 th	Friday 25 th	MAY GROUP TRAINING TIMETABLE
6.45am, 9.30am, 6.30-7.30 Functional Quad Sets	6.45am, 9.30am, 6.30-7.30 Insanity Cardio	6.45am, 9.30am, 6.30-7.30 Spin Me Right Round	6.45am, 9.30am, 6.30-7.30 Total Tone	
7.15am, 10am & 7.30pm Leg Up	7.15am, 10am & 7.30pm Power Core	7.15am, 10am & 7.30pm Feeling Chesty	7.15am, 10am & 7.30pm 1000 Abs	
Saturday 5 th	Saturday 12 th	Saturday 19 th	Saturday 26 th	
10-11am Shape Up	10-11am 10-1 X Fit Style	10-11am Dirty Thirty	10-11am AMRAP	
Sunday 6 th	Sunday 13 th	Sunday 20 th	Sunday 27 th	
10-11am Old School Circuit	10-11am Upper Body Pyramids	10-11am Turbulence Training	10-11am Partner Fat Blast	

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 - (Tuesdays 9.30-10am (From 15th May) & Thursday 7-7.30pm)**
- SPIN - Saturday (9.00-9.45am)** **RUN CLUB - Sunday (9-10am)**

FAT BURNING SESSIONS
SHAPING SESSIONS
CORE / STRETCH SESSIONS