

# AUGUST GROUP TRAINING TIMETABLE

	<b>Monday 6<sup>th</sup></b>	<b>Monday 13<sup>th</sup></b>	<b>Monday 20<sup>th</sup></b>	<b>Monday 27<sup>th</sup></b>
	6.30am, 9.30am & 6-7pm Fight Club	6.30am, 9.30am & 6-7pm Turbulence Training	6.30am, 9.30am & 6-7pm Dumbell Circuits	<b>BANK HOLIDAY</b> 9.30-10.30am
	7am Kettlebell Killer	7am Endurance Weights	7am Functional Core	Jump Around
<b>Tuesday 7<sup>th</sup></b>	<b>Tuesday 14<sup>th</sup></b>	<b>Tuesday 21<sup>st</sup></b>	<b>Tuesday 28<sup>th</sup></b>	
6.30am & 6.30pm Pyramids	6.30am & 6.30pm Time to Sweat	6.30am & 6.30pm Metabolic Mash Up	6.30am & 6.30pm Bodyweight Blitz	
7am & 7-8pm Team Burn	7am & 7-8pm Pre & Post Exhaust	7am & 7-8pm Strongman	7am & 7-8pm Pump It Up	
<b>Wednesday 1<sup>st</sup></b>	<b>Wednesday 8<sup>th</sup></b>	<b>Wednesday 15<sup>th</sup></b>	<b>Wednesday 22<sup>nd</sup></b>	<b>Wednesday 29<sup>th</sup></b>
6.30am & 9.30am Skip to It	6.30am & 9.30am Crazy Cardio	6.30am & 9.30am Box Clever	6.30am & 9.30am Super Supersets	6.30am & 9.30am Bums the Word
7am & 10am 100 Workout	7am & 10am Bi's & Tri's	7am & 10am Matrix Revolutions	7am & 10am X Fit Xtreme	7am & 10am Awesome August Abs
<b>Thursday 2<sup>nd</sup></b>	<b>Thursday 9<sup>th</sup></b>	<b>Thursday 16<sup>th</sup></b>	<b>Thursday 23<sup>rd</sup></b>	<b>Thursday 30<sup>th</sup></b>
9.30am & 6pm Shape Up	9.30am & 6pm Spinsanity	9.30am & 6pm Fat Blaster	9.30am & 6pm Box n Abs	9.30am & 6pm Calorie Stripper
10am & 6.30pm Oh Balls!	10am & 6.30pm AMRAP	10am & 6.30pm Fab Abs	10am & 6.30pm Giant Sets	10am & 6.30pm Suicide Strength
<b>Friday 3<sup>rd</sup></b>	<b>Friday 10<sup>th</sup></b>	<b>Friday 17<sup>th</sup></b>	<b>Friday 24<sup>th</sup></b>	<b>Friday 31<sup>st</sup></b>
6.30am, 9.30am, 6.30-7.30pm Tabata Shaping	6.30am, 9.30am, 6.30-7.30pm Old School Circuit	6.30am, 9.30am, 6.30-7.30pm Power & Glory	6.30am, 9.30am, 6.30-7.30pm Toning Olympics	6.30am, 9.30am, 6.30-7.30pm Time Trials
7am, 10am & 7.30pm Tabata Burning	7am, 10am & 7.30pm Core Crazy	7am, 10am & 7.30pm Perfect Pins	7am, 10am & 7.30pm 10-1 Upper Body	7am, 10am & 7.30pm HIIT Tone
<b>Saturday 4<sup>th</sup></b>	<b>Saturday 11<sup>th</sup></b>	<b>Saturday 18<sup>th</sup></b>	<b>Saturday 25<sup>th</sup></b>	
10-11am Arm Yourself	10-11am Nifty Fifty	10-11am Bootylicious	10-11am Jungle Gym Extreme	
<b>Sunday 5<sup>th</sup></b>	<b>Sunday 12<sup>th</sup></b>	<b>Sunday 19<sup>th</sup></b>	<b>Sunday 26<sup>th</sup></b>	
10-11am Pain in Pairs	10-11am Wolverine	10-11am Timed Intervals	10-11am Box Fit	

## Weekly Sessions: -

**SPIN** – Monday (10.00-10.45am), Wednesday (6.30pm-7.30pm), Saturday (9.00-9.45am)

**YOGA** - Monday (7-8pm)

**PRO BOXING** – Wednesday (7.30-8.30pm)

**BEGINNERS RUN CLUB** - (Thursday 7-7.30pm)

**RUN CLUB** – Sunday (9-10am)

**FAT BURNING SESSIONS**

**SHAPING SESSIONS**

**CORE / STRETCH SESSIONS**