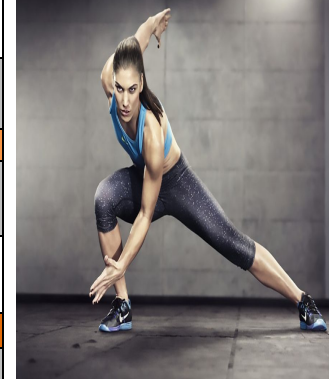


SEPTEMBER GROUP TRAINING TIMETABLE

THINK POSITIVE.
EXERCISE DAILY.
EAT HEALTHY.
WORK HARD.
STAY STRONG.
WORRY LESS.
DANCE MORE.
LOVE OFTEN.
BE HAPPY.
EXTRAMADNESS.COM

Monday 3rd	Monday 10th	Monday 17th	Monday 24th
6.30am, 9.30am & 6-7pm Spin-sanity	6.30am, 9.30am & 6-7pm Devil 666	6.30am, 9.30am & 6-7pm HIIT	6.30am, 9.30am & 6-7pm Metabolic Mash up
7am Legs Shaping	7am Legs & Abs	7am Floor Based Core	7am Uh Oh Plyo
Tuesday 4th	Tuesday 11th	Tuesday 18th	Tuesday 25th
6.30am, 9.30am & 6.30pm Race Against Time	6.30am, 9.30am & 6.30pm Big Calorie Burn	6.30am, 9.30am & 6.30pm Blast Those Cals	6.30am, 9.30am & 6.30pm Spin Crazy
7am & 10am Ab Attack	7am & 10am 50 Rep Tone	7am & 10am Batman	7am & 10am Leg Build Up
7.00-8.00pm (one hour) Timed Metabolic Tone	7.00-8.00pm (one hour) Tabata Tone	7.00-8.00pm (one hour) DB Destruction	7.00-8.00pm (one hour) Isolate those arms
Wednesday 5th	Wednesday 12th	Wednesday 19th	Wednesday 26th
6.30am & 9.30am Studio Circuit	6.30am & 9.30am Skipping Circuit	6.30am & 9.30am Pyramid Legs	6.30am & 9.30am Supersets
7am & 10am Back & Bi's	7am & 10am Power Lifting	7am & 10am Plyo Intervals	7am & 10am Lower Body Tone
Thursday 6th	Thursday 13th	Thursday 20th	Thursday 27th
9.30am & 6pm Sports Training	9.30am & 6pm 60-10 Cardio	9.30am & 6pm Box n Abs	9.30am & 6pm Crazy Cardio
10am & 6.30pm Overload Training	10am & 6.30pm Extreme Core	10am & 6.30pm Drop it like it's hot	10am & 6.30pm Dirty 30's
Friday 7th	Friday 14th	Friday 21st	Friday 28th
6.30am, 9.30am, 6.30-7.30pm Arms Conditioning	6.30am, 9.30am, 6.30-7.30pm Functional Fun	6.30am, 9.30am, 6.30-7.30pm Full Body Circuit	6.30am, 9.30am, 6.30-7.30pm Suicide Circuit
7am, 10am & 7.30pm Power Legs	7am, 10am & 7.30pm Meta fit	7am, 10am & 7.30pm Spin Circuit	7am, 10am & 7.30pm Tone to the bone
Saturday 1st	Saturday 8th	Saturday 22nd	Saturday 29th
10-11 Drop Sets	10-11am Push - Pull	10-11am Freestyle Pump	10-11am KettleBells & DumBells
Sunday 2nd July	Sunday 9th	Sunday 23rd	Sunday 30th
10-11am Vipr & TRX	10-11am Muscular Endurance	10-11am Interval Training	10-11am Shape That Booty



Vibe
boot camps

Weekly Sessions: -

YOGA - Monday (7-8pm)

PRO BOXING - Wednesday (7.30-8.30pm) PAY N GO

BEGINNERS RUN CLUB - (Thursday 7-7.30pm)

PAY N GO SPIN - Monday (10-10.45am), Wednesday (6.30-7.30), Saturday (9-9.45am)

RUN CLUB - Sunday (9-10am)

FAT BURNING SESSIONS

SHAPING SESSIONS

CORE / STRETCH SESSIONS