

# OCTOBER GROUP TRAINING TIMETABLE

Monday 1 <sup>st</sup>	Monday 8 <sup>th</sup>	Monday 15 <sup>th</sup>	Monday 22 <sup>nd</sup>	Monday 29 <sup>th</sup>
6.30am, 9.30am & 6-7pm Attack those Cals	6.30am, 9.30am & 6-7pm Tabata Training	6.30am, 9.30am & 6-7pm HIIT that hard	6.30am, 9.30am & 6-7pm Metabolic Effect	6.30am, 9.30am & 6-7pm Bars & Bells
7am Pump up the Arms	7am Quad sets on QUADS	7am Pyramid Sets	7am 100 Abs	7am Spinsanity
Tuesday 2 <sup>nd</sup>	Tuesday 9 <sup>th</sup>	Tuesday 16 <sup>th</sup>	Tuesday 23 <sup>rd</sup>	Tuesday 30 <sup>th</sup>
6.30am & 6.30pm Machine Interval's	6.30am & 6.30pm Push & Pull Tone	6.30am & 6.30pm Insane 2 Train	6.30am & 6.30pm Calorie Competition	6.30am & 6.30pm Insane Bodyweight
7am & 7-8pm Leg Day	7am & 7-8pm Cardio Conditioning	7am & 7-8pm Strongman	7am & 7-8pm AMRAP	7am & 7-8pm Terrible Tri-sets
Wednesday 3 <sup>rd</sup>	Wednesday 10 <sup>th</sup>	Wednesday 17 <sup>th</sup>	Wednesday 24 <sup>th</sup>	Wednesday 31 <sup>st</sup>
6.30am & 9.30am Old Skool Circuit Training	6.30am & 9.30am Kettlebell in hell	6.30am & 9.30am Agility Training	6.30am & 9.30am Arms & Abs	6.30am & 9.30am Trick or Treat
7am & 10am Core Conditioning	7am & 10am Put your back into it	7am & 10am 50 Rep Shaper	7am & 10am Time Trials	7am & 10am Spooktacular Sculpting
Thursday 4 <sup>th</sup>	Thursday 11 <sup>th</sup>	Thursday 18 <sup>th</sup>	Thursday 25 <sup>th</sup>	 
9.30am & 6pm Bodyweight Bonanza	9.30am & 6pm Boxing Circuit	9.30am & 6pm Skip to it	9.30am & 6pm Cardio Supersets	
10am & 6.30pm Rower Races	10am & 6.30pm Dynamic Dumbbells	10am & 6.30pm TRX & Med ball Abs	10am & 6.30pm Dirty 30	
Friday 5 <sup>th</sup>	Friday 12 <sup>th</sup>	Friday 19 <sup>th</sup>	Friday 26 <sup>th</sup>	
6.30am, 9.30am, 6.30-7.30pm Upper Body Post Exhaust	6.30am, 9.30am, 6.30-7.30pm Step up to the game	6.30am, 9.30am, 6.30-7.30pm Plyo and more	6.30am, 9.30am, 6.30-7.30pm Power & Strength	
7am, 10am & 7.30pm Extreme Aerobics	7am, 10am & 7.30pm Ab Attack	7am, 10am & 7.30pm Rest-Pause sets	7am, 10am & 7.30pm HIIT The spot	
Saturday 6 <sup>th</sup>	Saturday 13 <sup>th</sup>	Saturday 20 <sup>th</sup>	Saturday 27 <sup>th</sup>	
10-11am The '8' Tone	10-11am Armageddon	10-11am Post Exhaust	10-11am The Platinum 8	
Sunday 7 <sup>th</sup>	Sunday 14 <sup>th</sup>	Sunday 21 <sup>st</sup>	Sunday 28 <sup>th</sup>	
10-11am Freestyle LBT	10-11am Tone to the Bone	10-11am Fight Squad	10-11am 500 Calorie Challenge	

## 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**