

NOVEMBER GROUP TRAINING TIMETABLE

	Monday 5th	Monday 12th	Monday 19th	Monday 26th
	6.30am, 9.30am & 6-7pm Big Bonfire Body Shaper	6.30am, 9.30am & 6-7pm Power Intervals	6.30am, 9.30am & 6-7pm Sprint & Shape Up	6.30am, 9.30am & 6-7pm Dumbbell Demolition
	7am Burn, Baby, Burn	7am Fartlek Training	7am P90X Abs	7am HIIT the Spot
	Tuesday 6th	Tuesday 13th	Tuesday 20th	Tuesday 27th
	6.30am & 6.30pm Lovely Legs	6.30am & 6.30pm Super Strong	6.30am & 6.30pm Metabolic Mayhem	6.30am & 6.30pm Spartan Next Level
	7am & 7-8pm Tornado	7am & 7-8pm Vibe Strength Olympics	7am & 7-8pm Leg Countdown	7am & 7-8pm Drop Sets
	Wednesday 7th	Wednesday 14th	Wednesday 21st	Wednesday 28th
	6.30am & 9.30am Team Challenge	6.30am & 9.30am Tabata Trimmer	6.30am & 9.30am Matrix 21's	6.30am & 9.30am Calorie Build Up
	7am & 10am Rep Builder	7am & 10am Upper Body Supersets	7am & 10am How High Can You Go	7am & 10am Monster Sets
	Thursday 1st November	Thursday 8th	Thursday 15th	Thursday 22nd
9.30am & 6pm Tag Tone	9.30am & 6pm Time Trials	9.30am & 6pm Speed & Agility	9.30am & 6pm Fight Club	9.30am & 6pm Beat The Clock
10am & 6.30pm Warrior Workout	10am & 6.30pm Step It Up	10am & 6.30pm 1000 Abs	10am & 6.30pm Bodyweight Legs	10am & 6.30pm Battle It Out
Friday 2nd	Friday 9th	Friday 16th	Friday 23rd	Friday 30th
6.30am, 9.30am, 6.30-7.30pm Pyramids	6.30am, 9.30am, 6.30-7.30pm This is a Drill	6.30am, 9.30am, 6.30-7.30pm Dice with Death	6.30am, 9.30am, 6.30-7.30pm 15-1 Upper Body	6.30am, 9.30am, 6.30-7.30pm Follow The Leader
7am, 10am & 7.30pm Power Yoga	7am, 10am & 7.30pm Legs 11	7am, 10am & 7.30pm Stretch It Out	7am, 10am & 7.30pm Jump Around	7am, 10am & 7.30pm Go BALListic
Saturday 3rd	Saturday 10th	Saturday 17th	Saturday 24th	
9.45am-10.15am Core Crazy	9.45am-10.15am Arms Blast	9.45am-10.15am Ab Shaper	9.45am-10.15am Big Stretch Out	
Sunday 4th	Sunday 11th	Sunday 18th	Sunday 25th	
10-11am Bands & Balls	10-11am EMOM	10-11am Suicide Circuit	10-11am Functional CV Circuits	

Weekly Sessions: -

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

YOGA - Monday (7-8pm)

PRO BOXING – Monday (7-8pm)

BEGINNERS RUN CLUB - (Thursday 7-7.30pm)

RUN CLUB – Sunday (9-10am)

FAT BURNING SESSIONS

SHAPING SESSIONS

CORE / STRETCH SESSIONS