

# DECEMBER GROUP TRAINING TIMETABLE



Monday 3 <sup>rd</sup>	Monday 10 <sup>th</sup>	Monday 17 <sup>th</sup>	Monday 24 <sup>th</sup> to Wed 26 <sup>th</sup>
6.30am, 9.30am & 6-7pm Extreme Bodyweight	6.30am, 9.30am & 6-7pm HIIT Those Legs	6.30am, 9.30am & 6-7pm Armageddon	<b>CLOSED</b>  <i>XMAS EVE</i> <i>XMAS DAY</i> <i>BOXING DAY</i>
7am Power Lifts	7am Sprints & Kettlebells	7am 1000 Abs	
Tuesday 4 <sup>th</sup>	Tuesday 11 <sup>th</sup>	Tuesday 18 <sup>th</sup>	
6.30am & 6.30pm Bars & Bells	6.30am & 6.30pm Turbulence Training	6.30am & 6.30pm Partner Targets	9.30am & 6.30pm Jingle Kettlebells
7am & 7-8pm HIIT Plyo	7am & 7-8pm Metabolic Weights	7am & 7-8pm Dumbbell Toner	10am & 7pm Pyramids
Wednesday 5 <sup>th</sup>	Wednesday 12 <sup>th</sup>	Wednesday 19 <sup>th</sup>	Friday 28 <sup>th</sup>
6.30am & 9.30am Cardio Plyo	6.30am & 9.30am Cardio Tri-sets	6.30am & 9.30am German Volume Training	9.30am & 6.30pm Christmas Cross Fit
7am & 10am Quads & Hams	7am & 10am Upper Body Blast	7am & 10am Functional Circuit	10am & 7pm 12/10/8/6/4/2 Sets
Thursday 6 <sup>th</sup>	Thursday 13 <sup>th</sup>	Thursday 20 <sup>th</sup>	Saturday 29 <sup>th</sup>
9.30am & 6pm Boxing Blast	9.30am & 6pm Cross Fit Calories	9.30am & 6pm Gym Circuit	9.45am-10.15am
10am & 6.30pm Glutes to the Max	10am & 6.30pm Tummy Tone	10am & 6.30pm The Golden 6	Core Crazy
Friday 7 <sup>th</sup>	Friday 14 <sup>th</sup>	Friday 21 <sup>st</sup>	Sunday 30 <sup>th</sup>
6.30am, 9.30am, 6.30-7.30pm Old Skool Circuit	6.30am, 9.30am, 6.30-7.30pm Deck of Death	6.30am, 9.30am, 6.30-7.30pm It's A Cracker	10-11am Metabolic Mayhem
7am, 10am & 7.30pm Bi's & Tri's	7am, 10am & 7.30pm Fab Abs	7am, 10am & 7.30pm CV Supersets	
Saturday 1 <sup>st</sup>	Saturday 8 <sup>th</sup>	Saturday 15 <sup>th</sup>	Saturday 22 <sup>nd</sup>
9.45am-10.15am Dumbbell Destruction	9.45am-10.15am Compound Training	9.45am-10.15am Isolate those arms	9.45am-10.15am Power Yoga
Sunday 2 <sup>nd</sup>	Sunday 9 <sup>th</sup>	Sunday 16 <sup>th</sup>	Sunday 23 <sup>rd</sup>
10-11am Overload Training	10-11am Lower Body Blitz	10-11am Max Intervals	10-11am 12 Days of Christmas
			<b>CLOSED</b>
			<i>NEW YEARS EVE</i>

## 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**