

# FEBRUARY GROUP TRAINING TIMETABLE

	<b>Monday 4<sup>th</sup></b>	<b>Monday 11<sup>th</sup></b>	<b>Monday 18<sup>th</sup></b>	<b>Monday 25<sup>th</sup></b>
	6.30am, 9.30am & 6-7pm Max Cals	6.30am, 9.30am & 6-7pm Killa Kettlebells	6.30am, 9.30am & 6-7pm HIIT Training	6.30am, 9.30am & 6-7pm Fartlek Training
	7am Ton up Legs	7am Tataba Weights	7am Abs Builder	7am 500 Workout
	<b>Tuesday 5<sup>th</sup></b>	<b>Tuesday 12<sup>th</sup></b>	<b>Tuesday 19<sup>th</sup></b>	<b>Tuesday 26<sup>th</sup></b>
	6.30am & 6.30pm Power Training	6.30am & 6.30pm Plyo & Push	6.30am & 6.30pm Run down	6.30am & 6.30pm Time Trials
	7am & 7-8pm Strength Sets	7am & 7-8pm Isolation Arms	7am & 7-8pm Tri-Sets	7am & 7-8pm Total Tone
	<b>Wednesday 6<sup>th</sup></b>	<b>Wednesday 13<sup>th</sup></b>	<b>Wednesday 20<sup>th</sup></b>	<b>Wednesday 27<sup>th</sup></b>
	6.30am & 9.30am Spinning	6.30am & 9.30am Steady State Cardio	6.30am & 9.30am Intervals	6.30am & 9.30am Agility Training
	7am & 10am Core Stability	7am & 10am Functional Core	7am & 10am Muscular Endurance	7am & 10am Dynamic Weights
	<b>Thursday 7<sup>th</sup></b>	<b>Thursday 14<sup>th</sup></b>	<b>Thursday 21<sup>st</sup></b>	<b>Thursday 28<sup>th</sup></b>
9.30am & 6pm Box Cardio	9.30am & 6pm Pyramid CV	9.30am & 6pm Insanity Training	9.30am & 6pm Dirty 30's	
10am & 6.30pm Suicide Bars	10am & 6.30pm Lower Body Blitz	10am & 6.30pm Insane Resistance	10am & 6.30pm EMOMS	
<b>Friday 1<sup>st</sup></b>	<b>Friday 8<sup>th</sup></b>	<b>Friday 15<sup>th</sup></b>	<b>Friday 22<sup>nd</sup></b>	
6.30am, 9.30am, 6.30-7.30pm Bodyweight Tornado's	6.30am, 9.30am, 6.30-7.30pm Big Countdown	6.30am, 9.30am, 6.30-7.30pm Metabolic Madness	6.30am, 9.30am, 6.30-7.30pm Fat Attack	
7am, 10am & 7.30pm Arms on Arms	7am, 10am & 7.30pm Machine Work	7am, 10am & 7.30pm BIG 50	7am, 10am & 7.30pm Stability Strength	
<b>Saturday 2<sup>nd</sup></b>	<b>Saturday 9<sup>th</sup></b>	<b>Saturday 16<sup>th</sup></b>	<b>Saturday 23<sup>rd</sup></b>	
9.45am-10.15am Back into it	9.45am-10.15am Single Side DB's	9.45am-10.15am The Big Lifts	9.45am-10.15am Drop Sets	
<b>Sunday 3<sup>rd</sup></b>	<b>Sunday 10<sup>th</sup></b>	<b>Sunday 17<sup>th</sup></b>	<b>Sunday 24<sup>th</sup></b>	
10am Fresstyle L.B.T	10am Circuit Training	10am 60/50/40/30/20/10	10am Tone to the bone	

## 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**