

FEBRUARY GROUP TRAINING TIMETABLE



Monday 3 rd	Monday 10 th	Monday 17 th	Monday 24 th
6.30-7.30am & 6-7pm Strength Sets	6.30-7.30am & 6-7pm EMOMS	6.30-7.30am & 6-7pm Barbell Battles	6.30-7.30am & 6-7pm Suicide Sets
9.30-10.30am SPIN CLASSICS	9.30-10.30am SPIN CLASSICS	9.30-10.30am SPIN CLASSICS	9.30-10.30am SPIN CLASSICS
Tuesday 4 th	Tuesday 11 th	Tuesday 18 th	Tuesday 25 th
6.30am & 9.30am Crazy Cardio n Core	6.30am & 9.30am Leg Supersets	6.30am & 9.30am Core n More	6.30am & 9.30am Race Against Time
6-6.30pm Freestyle Pump	6-6.30pm Freestyle Pump	6-6.30pm Freestyle Pump	6-6.30pm Freestyle Pump
6.30-7.30pm Boxing	6.30-7.30pm Boxing	6.30-7.30pm Boxing	6.30-7.30pm Boxing
Wednesday 5 th	Wednesday 12 th	Wednesday 19 th	Wednesday 26 th
6.30am Build Up Shaper	6.30am Cardio Cross Fit	6.30am Partner Strength	6.30am HIIT Bodyweight
6.30pm-7.30pm ELITE SPINNING	6.30pm-7.30pm ELITE SPINNING	6.30pm-7.30pm ELITE SPINNING	6.30pm-7.30pm ELITE SPINNING
Thursday 6 th	Thursday 13 th	Thursday 20 th	Thursday 27 th
9.30am & 6--7pm Kettlebell's & Dumbbells	9.30am & 6-7pm Tri-Sets	9.30am & 6-7pm Relay Run	9.30am & 6-7pm Super Supersets
7-7.30pm SPIN CLUB NIGHT	7-7.30pm SPIN CLUB NIGHT	7-7.30pm SPIN CLUB NIGHT	7-7.30pm SPIN CLUB NIGHT
Friday 7 th	Friday 14 th	Friday 21 st	Friday 28 th
6.30am & 6.30pm Monster Sets	6.30am & 6.30pm Love to Burn	6.30am & 6.30pm High Reps	6.30am & 6.30pm Arm Pyramids
9.30-10.30am SPIN CIRCUIT	9.30-10.30am SPIN CIRCUIT	9.30-10.30am SPIN CIRCUIT	9.30-10.30am SPIN CIRCUIT
7.30-8pm Core Drop Sets	7.30-8pm Love Those Abs	7.30-8pm Ab Countdown	7.30-8pm Cali Strength
Saturday 1 st	Saturday 8 th	Saturday 15 th	Saturday 22 nd
9-10am SPINNING	9-10am SPINNING	9-10am SPINNING	9-10am SPINNING
Sunday 2 nd	Sunday 9 th	Sunday 16 th	Sunday 23 rd
10-11am Lower Body Blitz	10-11am Tabata Bodyweight	10-11am Cross Fit AMRAP	10-11am Meta Weights



Weekly Sessions: -
YOGA - Monday (7-8pm)
RUN CLUB – Sunday (9-10am)

AEROBIC / CARDIO
CORE / STRETCH
SHAPING / STRENGTH