

# APRIL GROUP TRAINING TIMETABLE

<b>Monday 1<sup>st</sup> April</b> 6.30-7.30am & 6-7pm Metafit Madness	<b>Monday 8<sup>th</sup></b> 6.30-7.30am & 6-7pm Tornado Training	<b>Monday 15<sup>th</sup></b> 6.30-7.30am & 6-7pm Kettlebell Killer	<b>Easter Monday 22<sup>nd</sup></b> 9.30am – 10.30am  Resurrection	<b>Monday 29<sup>th</sup></b> 6.30-7.30am & 6-7pm Barbell Blitz
7-7.30pm Spin Blast	7-7.30pm Spin Blast	7-7.30pm Spin Blast		7-7.30pm Spin Blast
<b>Tuesday 2<sup>nd</sup></b> 6.30-7.30am & 6-7pm 8 minute Power Sets	<b>Tuesday 9<sup>th</sup></b> 6.30-7.30am & 6-7pm Warrior Workout	<b>Tuesday 16<sup>th</sup></b> 6.30-7.30am & 6-7pm The 7	<b>Tuesday 23<sup>rd</sup></b> 6.30-7.30am & 6-7pm BB Quake Training	<b>Tuesday 30<sup>th</sup></b> 6.30-7.30am & 6-7pm Pump & Plyo
7-7.30pm Beginners Run Club	7-7.30pm Beginners Run Club	7-7.30pm Beginners Run Club	7-7.30pm Beginners Run Club	7-7.30pm Beginners Run Club
<b>Wednesday 3<sup>rd</sup></b> 6.30am & 9.30am Tabata Strength	<b>Wednesday 10<sup>th</sup></b> 6.30am & 9.30am Overload	<b>Wednesday 17<sup>th</sup></b> 6.30am & 9.30am Time Trials	<b>Wednesday 24<sup>th</sup></b> 6.30am & 9.30am Calorific Cross Fit	 <p><b>APRIL GROUP TRAINING TIMETABLE</b></p>
7am & 10am Ab Tastic	7am & 10am Boxing Bonanza	7am & 10am Ab Attack	7am & 10am Leg Shaper	
<b>Thursday 4<sup>th</sup></b> 9.30-10.30am & 6.30-7.30pm Functional Circuit	<b>Thursday 11<sup>th</sup></b> 9.30-10.30am & 6.30-7.30pm Metabolic Shaping	<b>Thursday 18<sup>th</sup></b> 9.30-10.30am & 6.30-7.30pm Team Targets	<b>Thursday 25<sup>th</sup></b> 9.30-10.30am & 6.30-7.30pm Jump For joy	
7.30-8.30 Pro Boxing	7.30-8.30 Pro Boxing	7.30-8.30 Pro Boxing	7.30-8.30 Pro Boxing	
<b>Friday 5<sup>th</sup></b> 6.30am, 9.30am, 6.30-7.30pm Insane Bodyweight	<b>Friday 12<sup>th</sup></b> 6.30am, 9.30am, 6.30-7.30pm 50 Rep Challenge	<b>Good Friday 19<sup>th</sup></b> 9.30am – 10.30am  Box & Burn	<b>Friday 26<sup>th</sup></b> 6.30am, 9.30am, 6.30-7.30pm Explosive Exercise	
10am & 7.30pm Ultimate Core	7am, 10am & 7.30pm Terrible Tri-Sets		7am, 10am & 7.30pm Power Mobility	
<b>Saturday 6<sup>th</sup></b> 9-9.45am Spin	<b>Saturday 13<sup>th</sup></b> 9-9.45am Spin	<b>Saturday 20<sup>th</sup></b> 9-9.45am Spin	<b>Saturday 27<sup>th</sup></b> 9-9.45am Spin	
<b>Sunday 7<sup>th</sup></b> 10am Perfect Pins	<b>Sunday 14<sup>th</sup></b> 10am HIIT Squad	<b>Easter Sunday 21<sup>st</sup></b> <b>CLOSED</b>	<b>Sunday 28<sup>th</sup></b> 10am Awesome Arms	

## Weekly Sessions: -

**SPIN & ABS** – Monday (9.30-10.30am)

**SPINNING** - Wednesday (6.30pm-7.30pm)

**YOGA** - Monday (7-8pm)

**RUN CLUB** – Sunday (9-10am)

**FAT BURNING SESSIONS**

**SHAPING SESSIONS**

**CORE / STRETCH SESSIONS**