

JUNE GROUP TRAINING TIMETABLE

 <p>PERSONAL TRAINING GET REAL RESULTS</p> <p>Vibe boot camps</p>	Monday 3rd	Monday 10th	Monday 17th	Monday 24th
	6.30-7.30am & 6-7pm Barbell Bonanza	6.30-7.30am & 6-7pm Bodyweight Blitz	6.30-7.30am & 6-7pm Up the Weights	6.30-7.30am & 6-7pm Isolate the legs
	7-7.30pm Spin Blast	7-7.30pm Spin Blast	7-7.30pm Spin Blast	7-7.30pm Spin Blast
	Tuesday 4th	Tuesday 11th	Tuesday 18th	Tuesday 25th
	6.30-7.30am & 6-7pm Upper & Intervals	6.30-7.30am & 6-7pm 50 rep challenge	6.30-7.30am & 6-7pm HIIT Lower Body	6.30-7.30am & 6-7pm Arm Yourself
	7-7.30pm Beginners Run Club	7-7.30pm Beginners Run Club	7-7.30pm Beginners Run Club	7-7.30pm Beginners Run Club
	Wednesday 5th	Wednesday 12th	Wednesday 19th	Wednesday 26th
	6.30am & 9.30am Total Tone	6.30am & 9.30am Skip Circuit	6.30am & 9.30am Kettlebell Killer	6.30am & 9.30am Crazy Cardio
	6.30pm-7.15pm Spin	6.30pm-7.15pm Spin	6.30pm-7.15pm Spin	6.30pm-7.15pm Spin
	Thursday 6th	Thursday 13th	Thursday 20th	Thursday 27th
	9.30am & 6.30pm Legs 111	9.30am & 6.30pm Studio EMOM Circuit	9.30am & 6.30pm Tone to the Bone	9.30am & 6.30pm Dumbell Destruction
	7.30-8.30pm Pro Boxing	7.30-8.30pm Pro Boxing	7.30-8.30pm Pro Boxing	7.30-8.30pm Pro Boxing
	Friday 7th	Friday 14th	Friday 21st	Friday 28th
	6.30am, 9.30am, 6.30pm Bi's & Tri's	6.30am, 9.30am, 6.30pm Dumbell Countdown	6.30am, 9.30am, 6.30pm Spartan 500	6.30am, 9.30am, 6.30pm Fat Blaster
7.30-8pm Functional Core	7.30-8pm Balance & Mobility	7.30-8pm Isometric Strength	7.30-8pm Power & Pilates	
Saturday 1st June	Saturday 8th	Saturday 15th	Saturday 22nd	Saturday 29th
9am Spin	9am Spin	9am Spin	9am Spin	9am Spin
Sunday 2nd	Sunday 9th	Sunday 16th	Sunday 23rd	Sunday 30th
10am Bands & Balls	10am Tag Team Torture	10am X-Train Cals	10am Fab Abs	10am Pump up the jam

Weekly Sessions: -

SPIN & ABS – Monday (9.30-10.30am)

YOGA - Monday (7-8pm)

RUN CLUB – Sunday (9-10am)

FAT BURNING SESSIONS

SHAPING SESSIONS

CORE / STRETCH SESSIONS