

MAY GROUP TRAINING TIMETABLE

	Monday 6th	Monday 13th	Monday 20th	Monday 27th
	BANK HOLIDAY 9.30-10.30am	6.30-7.30am & 6-7pm HIIT Squad	6.30-7.30am & 6-7pm Suicide Circuit	BANK HOLIDAY 9.30-10.30am
	Power Spin	7-7.30pm Spin Blast	7-7.30pm Spin Blast	Metabolic Shaper
	Tuesday 7th	Tuesday 14th	Tuesday 21st	Tuesday 28th
6.30-7.30am & 6-7pm DTP Training	6.30-7.30am & 6-7pm Wolverine	6.30-7.30am & 6-7pm Meta Build Up	6.30-7.30am & 6-7pm Super Supersets	
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 1st May	Wednesday 8th	Wednesday 15th	Wednesday 22nd	Wednesday 29th
6.30am & 9.30am ViPR & TRX Circuit	6.30am & 9.30am Arm Pyramids	6.30am & 9.30am Studio Shuttles	6.30am & 9.30am Battle It Out	6.30am & 9.30am Fat Blaster
7am & 10am Insane Abs	7am & 10am Step to It	7am & 10am Abs & Arms	7am & 10am Upper Body Blast	7am & 10am Tabata Toner
Thursday 2nd	Thursday 9th	Thursday 16th	Thursday 23rd	Thursday 30th
9.30-10.30am & 6.30-7.30pm Dumbbell Pump	9.30-10.30am & 6.30-7.30pm 10-1 Sets	9.30-10.30am & 6.30-7.30pm Turbulence Time	9.30-10.30am & 6.30-7.30pm Giant Sets	9.30-10.30am & 6.30-7.30pm Lower Body Blitz
7.30-8.30pm Pro Boxing	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 3rd	Friday 10th	Friday 17th	Friday 24th	Friday 31st
6.30am, 9.30am, 6.30-7.30pm Cross Fit	6.30am, 9.30am, 6.30-7.30pm Barbaric Barbells	6.30am, 9.30am, 6.30-7.30pm Box Fit	6.30am, 9.30am, 6.30-7.30pm Fat Shredder	6.30am, 9.30am, 6.30-7.30pm Max Calories
10am & 7.30pm 5 x 5 Arms	7am, 10am & 7.30pm Ultimate LBT	7am, 10am & 7.30pm Quick Blast Circuit	7am, 10am & 7.30pm Power Yoga	7am, 10am & 7.30pm Bells & Balls
Saturday 4th	Saturday 11th	Saturday 18th	Saturday 25th	
9-9.45am Spin	9-9.45am Spin	8am to 8pm CHARITY DAY	9-9.45am Spin	
Sunday 5th	Sunday 12th	Sunday 19th	Sunday 26th	
10am Pain in Pairs	10am Box-Sanity	10am BodyWeight Burner	10am Lovely Legs	

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