

Group Training Timetable

Time / Day	Mon	Tues	Wed	Thurs	Fri	Sat
7.00 – 7.30am	Step	Circuit	Circuit	Functional	Core / Pilates	Pilates
8:30– 9:00am					Cardio Core	Shadow Boxing / Body Combat
9:00am	Shadow Boxing / Body Combat	Step Strength	Step	Kettle Bells	Ladies Choice	
9:45am			HIIT			
10:10am						Pump / Strength
10:30am						
11.00 am	Bum Burner	Kettlebell + Core	SSR	Fitball Pilates	Pump / Strength	
12:00-2:00pm	CLOSED					
2:15pm			Beginner Pump			
5.30 pm	Step	Circuit	Cardio Core	Kettle Bell +Core	Circuit	
6:10pm			Fitball + Pilates			
6:30pm	Cardio Core			Shadow Boxing / Body Combat		
6:45pm		Mat Pilates X				
7.00 pm			HIIT			
7:10pm	HIIT					

FLOOR SPACE UTILISTED, NO MACHINES

WEIGHHTS MACHINES ALWAYS ACCESSABLE EVEN WHEN A CLASS IS ON. PLEASE RESPECT EACH OTHER SO WE CAN ALL HAVE A GREAT WORKOUT

ALL CLASSES ARE 30-45MINS / PLEASE ARRIVE 10MINS EARLY PRIOR TO THE CLASS