

GROUP PERSONAL TRAINING TIMETABLE

MON

HIIT

7AM

.....
PILATES*

1PM

.....
STRENGTH

7PM

TUE

CIRCUIT

7AM

.....
KETTLEBELLS*

1PM

.....
BURN

7PM

WED

STRENGTH

7AM

.....
CIRCUIT*

1PM

.....
BARBELL

7PM

THU

HIIT

7AM

.....
STRENGTH*

1PM

.....
LEGS & CORE

7PM

FRI

BARBELL

7AM

.....
PILATES*

1PM

.....
HIIT

7PM

SAT

BURN

10AM

.....
CIRCUIT

12PM

SUN

CIRCUIT

10AM