

Small Group Training

Monday

	10.00 – 10.50		Core & Circuit
	17.50 – 18.30		Strength Circuit
	19.00 – 19.40		Boxing
	19.45 – 20.25		Boxing
	20.30 – 21.10		BBB (Abs/ Legs/ Glutes)

Tuesday

	7.00 – 7.30		Before Work-out
	19.00 – 19.40		Strength Circuit
	19.45 – 20.25		Strength Circuit
	20.30 – 21.10		BBB (Abs/ Legs/ Glutes)

Wednesday

	10.00 – 10.50		Core & Circuit
	12.30 – 13.00		HIT Boxing Circuit
	18.00 – 18.45		Power Pump
	19.00 – 19.40		BBB (Abs/ Legs/ Glutes)
	19.45 – 20:25		GRIT Cardio
	20:30 – 21.30		Yoga

Thursday

	7.00 – 7.30		Before Work-out
	19.00 – 19.40		Strength Circuit
	19.45 – 20.25		Strength Circuit
	20.30 – 21.10		Boxing

Friday

	9.00 – 9:50		BBB (Abs/ Legs/ Glutes)
	10.00 – 10.50		Core & Circuit

Saturday

	8:45 – 9.25		Strength Circuit
	9.30 – 10.20		Smart Hyrox

Sunday

	9.30 – 10.20		Smart Mix (Strength / Cardio mix)
	10.25 – 11.15		Smart Mix (Strength / Cardio mix)