

Small Group Training

Monday

	10.00 – 10.50		Core & Circuit
	18.15 – 18.55		Strength Circuit
	19.00 – 19.40		Boxing
	19.45 – 20.25		Hyrox / BBB
Tuesday	7.00 – 7.30		Before Work-out
	19.00 – 19.40		Strength Circuit
	19.45 – 20.25		Strength Circuit
Wednesday	9.00 – 9.50		Core & Circuit
	10.00 – 10.50		Core & Circuit
	11.30 – 12.00		HIT Boxing Circuit
	19.00 – 19.40		Hyrox / BBB
	19.45 – 20:25		GRIT Cardio
Thursday	7.00 – 7.30		Before Work-out
	19.00 – 19.40		Strength Circuit
	19.45 – 20.25		Strength Circuit
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)