



<div>  <div>COMMENCING 04.12.2023 - GROUP TRAINING TIMETABLE</div>  </div>						
Unit 1G - Upstairs		Unit 1 - Ground Floor		Unit 1 - Ground Floor		
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:15 - 07:15	FX TRAINING	FX PREMIUM	FX TRAINING	FX PREMIUM	FX TRAINING	
07:00-07:45		CYCLE & TONE - ALL LEVELS		PULSE - HEART RATE CYCLING - ALL LEVELS		
08:00-08:45						PUMP
9:45 - 10:30	LBT	HIIT	PULSE - HEART RATE CYCLING - ALL LEVELS	PUMP	A.M.R.A.P	Team Talk
18:00 -18:30	PULSE - HEART RATE CYCLING	CYCLE & TONE	PUMP	LIFT	PUMP	
19:00 -19:45	FX TRAINING	FX PREMIUM	FX TRAINING	FX PREMIUM	FX TRAINING	
CardioRevive		1215-1315		1215-1315		Team Talk