

# Small Group Training

## Monday

|  |               |  |                         |
|--|---------------|--|-------------------------|
|  | 10.00 – 10.50 |  | Core & 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 |  | HIT Cardio       |

## Wednesday

|  |               |  |                         |
|--|---------------|--|-------------------------|
|  | 10.00 – 10.50 |  | Core & Circuit          |
|  | 15.00 – 15.30 |  | HIT Boxing              |
|  | 19.00 – 19.40 |  | BBB (Abs/ Legs/ Glutes) |
|  | 19.45 – 20:25 |  | GRIT Cardio             |
|  | 20:30 – 21.30 |  | Yoga (Flow)             |

## 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 |  | Boxing           |

## Sunday

|  |               |  |           |
|--|---------------|--|-----------|
|  | 9.30 – 10.20  |  | Smart Mix |
|  | 10.25 – 11.15 |  | Smart Mix |