

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		BBB (Abs/ Legs/ Glutes)

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