

# Small Group Training

## Monday

	10.00 – 10.50		<b>Core &amp; Circuit</b>
	17.50 – 18.30		<b>Strength Circuit</b>
	19.00 – 19.40		<b>Boxing</b>
	19.45 – 20.25		<b>Boxing</b>
	20.30 – 21.10		<b>BBB (Abs/ Legs/ Glutes)</b>
<b>Tuesday</b>	7.00 – 7.30		<b>Before Work-out</b>
	19.00 – 19.40		<b>Strength Circuit</b>
	19.45 – 20.25		<b>Strength Circuit</b>
	20.30 – 21.10		<b>BBB (Abs/ Legs/ Glutes)</b>
<b>Wednesday</b>	10.00 – 10.50		<b>Core &amp; Circuit</b>
	12.30 – 13.00		<b>HIT Boxing Circuit</b>
	18.00 – 18.45		<b>Power Pump</b>
	19.00 – 19.40		<b>BBB (Abs/ Legs/ Glutes)</b>
	19.45 – 20:25		<b>GRIT Cardio</b>
	20:30 – 21.30		<b>Yoga</b>
<b>Thursday</b>	7.00 – 7.30		<b>Before Work-out</b>
	9.00 – 9.45		<b>Xcore / Burn</b>
	19.00 – 19.40		<b>Strength Circuit</b>
	19.45 – 20.25		<b>Strength Circuit</b>
	20.30 – 21.10		<b>Boxing</b>
<b>Friday</b>	9.00 – 9:50		<b>BBB (Abs/ Legs/ Glutes)</b>
	10.00 – 10.50		<b>Core &amp; Circuit</b>
<b>Saturday</b>	8:45 – 9.25		<b>Strength Circuit</b>
	9.30 – 10.20		<b>Boxing</b>
<b>Sunday</b>	9.30 – 10.20		<b>Smart Mix (Strength / Cardio mix)</b>
	10.25 – 11.15		<b>Smart Mix (Strength / Cardio mix)</b>