

Small Group Training

Monday

	10.00 – 10.50	Core & Circuit	(Fully body work-out + core stability)
	13.00 – 14.00	Longevity	(55+ The art of healthy aging)
	18.15 – 18.55	Strength Circuit	(Full body strength workout)
	19.00 – 19.40	Boxing	
	19.45 – 20.25	Hyrox / BBB	(Hyrox + focus abs, legs, glutes)
Tuesday	7.00 – 7.30	Before Work-out	(Full body workout)
	19.00 – 19.40	Strength Circuit	(Full body strength workout)
	19.45 – 20.25	Strength Circuit	(Full body strength workout)
Wednesday	9.00 – 9.50	Core & Circuit	(Fully body work-out + core stability)
	10.00 – 10.50	Core & Circuit	
	13.00 – 14.00	Longevity	(55+ The art of healthy aging)
	11.30 – 12.00	HIT Boxing Circuit	(Cardio boxing combination)
	18.00 – 18.50	Pilates	(Core strength and mobility)
	19.00 – 19.40	Strength Circuit	(Full body strength workout)
Thursday	7.00 – 7.30	Before Work-out	(Full body workout)
	19.00 – 19.40	Strength Circuit	(Full body strength workout)
	19.45 – 20.25	Strength Circuit	(Full body strength workout)
Friday	9.00 – 9:50	BBB	(Abs/ Legs/ Glutes)
	10.00 – 10.50	Core & Circuit	(Fully body workout + core stability)
Saturday	8:45 – 9.25	Strength Circuit	(Full body strength workout)
	9.30 – 10.20	Smart Hyrox	(Cardio)
Sunday	9.30 – 10.20	Smart Mix	(Strength / Cardio mix)
	10.25 – 11.15	Smart Mix	(Strength / Cardio mix)