

BODYCOMPLETE

Group Session Timetable

	Morning										Afternoon				Evening					
	06.30	07.00	07.30	08.00	08.30	09.00	09.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	17.30	18.00	18.30	19.00	19.30
Monday		See Programme BCHQ 07.00 - 8.00 Jon Neighbour					Upwardly Mobile BCHQ 09.30 - 10.30 Chris Stringer									Insanity BCHQ 17.30 - 18.15 Chris Stringer				
Tuesday							See Programme BCHQ 10.00 - 11.00 Chris Stringer									Triset Intervals BCHQ 17.30 - 18.30 Chris Stringer		See Programme BCHQ 18.30 - 19.30 Chris Stringer		
Wednesday	See Programme BCHQ 06.30 - 07.30 Jon Neighbour					HIT Core BCHQ 09.30 - 10.30 Chris Stringer											Muscle Mania BCHQ 18.30 - 19.30 Jon Neighbour			
Thursday							See Programme BCHQ 10.00 - 11.00 Chris Stringer									Urban Running BCHQ 17.30 - 18.30 Chris Stringer		See Programme BCHQ 17.30 - 18.30 Chris Stringer		
Friday	See Programme BCHQ 06.30 - 07.30 Jon Neighbour					Upwardly Mobile BCHQ 09.30 - 10.30 Chris Stringer						Square Root of Core - ABS BCHQ 12.30 - 13.30 Chris Stringer					Metabolic Conditioning BCHQ 17.30 - 18.30 Jon Neighbour			
Saturday							HICT BCHQ 10.00 - 11.00 Chris Stringer													

BCSP Week 1 - 9 Alternating Sessions

Register for sessions online at
www.bodycomplete.co.uk