

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 06.30 - 07.30 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 18.30 - 19.30 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