

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						Pilates BCHQ 12.00 - 13.00 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									See Programme BCHQ 17.30 - 18.30 Chris Stringer		Muscle Mania BCHQ 18.30 - 19.30 Jon Neighbour				
Thursday							See Programme BCHQ 10.00 - 11.00 Chris Stringer						See Programme BCHQ 12.00 - 13.00 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 18.30 - 19.30 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