

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	14.00	17.30	18.00	18.30	19.00	19.30
Monday	Semi Private Coaching 06.30 - 07.30						Semi Private Coaching 09.30 - 10.30	SFL1 10.30 - 11.30				SFL1 12.30 - 13.30					Semi Private Coaching 17.30 - 18.15		BCSP Spinning 18.30 - 19.30		
Tuesday							Semi Private Coaching 10.00 - 11.00				SFL Spinning 11.45 - 12.15	Pilates 12.15 - 13.00	STRONGER FOR LONGER BCSP Spinning 13.00 - 14.00				Semi Private Coaching 17.30 - 18.30		Semi Private Coaching 18.30 - 19.30		
Wednesday							Semi Private Coaching 09.30 - 10.30	SFL2 10.30 - 11.30				SFL2 12.30 - 13.30					Semi Private Coaching 17.30 - 18.30		Semi Private Coaching 18.30 - 19.30		
Thursday							Semi Private Coaching 10.00 - 11.00	SFL3 11.00 - 12.00			Semi Private Coaching 12.00 - 13.00						Semi Private Coaching 17.30 - 18.30		Semi Private Coaching 18.30 - 19.30		
Friday	Semi Private Coaching 06.30 - 07.30						Semi Private Coaching 09.30 - 10.30				Pilates 13.30 - 14.30	STRONGER FOR LONGER Semi Private Coaching 12.30 - 13.30									
Saturday							Semi Private Coaching 09.00 - 10.00	BCSP Spinning 10.00 - 11.00													

BCSP Week 1 - 9 Alternating Sessions

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