



Small Group Training Timetable

	Early Start	Mid Morning	Early Evening
Monday		9:30am Metabolic Conditioning	
Tuesday			5:30pm Running Training
Wednesday		9:30am Body Sculpt	6:30pm Muscle Mania
Thursday			5:30pm Interval Running
Friday	7:00am Insanity	9:30pm Buddy up/ Team Work	6:30pm Core Conditioning