

## CLASS TIMETABLE 2018

MONDAY		TUESDAY		WEDNESDAY	
0630 - 0700	H.I.I.T CLASS	0630 - 0700	MODIFIED STRONGMAN	0630 - 0700	H.I.I.T CLASS
0700 - 0800	GROUP PERSONAL TRAINING	0700 - 0800	GROUP PERSONAL TRAINING	0700 - 0800	GROUP PERSONAL TRAINING
0750 - 0840	ATHLETIC TEAM TRAINING	0750 - 0840	ATHLETIC TEAM TRAINING	0750 - 0840	ATHLETIC TEAM TRAINING
0900 - 1600	<b>OPEN GYM HOURS</b>	0900 - 1600	<b>OPEN GYM HOURS</b>	0900 - 1000	ATHLETIC TEAM TRAINING
1000 - 1045	<b>POLAR METCON LADIES</b>	1200 - 1300	ATHLETIC TEAM TRAINING	1000 - 1045	<b>POLAR METCON LADIES</b>
1700 - 1800	GROUP PERSONAL TRAINING	1300 - 1330	POLAR MET CON	0900 - 1600	<b>OPEN GYM HOURS</b>
1800 - 1900	GROUP PERSONAL TRAINING	1330 - 1430	ATHLETIC TEAM TRAINING	1700 - 1800	GROUP PERSONAL TRAINING
1900 - 2000	POLAR MET CON	1700 - 1800	GROUP PERSONAL TRAINING	1800 - 1900	GROUP PERSONAL TRAINING
2000 - 2100	GROUP PERSONAL TRAINING	1800 - 1900	GROUP PERSONAL TRAINING	1900 - 2000	POLAR MET CON
		1900 - 2000	GROUP PERSONAL TRAINING	2000 - 2100	GROUP PERSONAL TRAINING
		2000 - 2100	STRENGTH ACADEMY M/F		
THURSDAY		FRIDAY		SATURDAY	
0700 - 0800	GROUP PERSONAL TRAINING	0630 - 0700	H.I.I.T CLASS	0800 - 0900	<b>OPEN GYM HOURS</b>
0900 - 1600	<b>OPEN GYM HOURS</b>	0700 - 0800	ATHLETIC TEAM TRAINING	0900 - 1000	POLAR MET CON
1200 - 1300	ATHLETIC TEAM TRAINING	0800 - 0900	ATHLETIC TEAM TRAINING	1000 - 1100	STRENGTH ACADEMY M/F
1300 - 1330	POLAR MET CON	0900 - 1600	<b>OPEN GYM HOURS</b>	1100 - 1200	MODIFIED STRONGMAN
1430 - 1530	ATHLETIC TEAM TRAINING	1200 - 1300	ATHLETIC TEAM TRAINING		
1700 - 1800	GROUP PERSONAL TRAINING	1430 - 1530	ATHLETIC TEAM TRAINING		
1800 - 1900	GROUP PERSONAL TRAINING	1700 - 1800	GROUP PERSONAL TRAINING		
1900 - 2000	BOXERCISE	1800 - 1900	GROUP PERSONAL TRAINING		
2000 - 2100	STRENGTH ACADEMY M/F	1900 - 2000	GROUP PERSONAL TRAINING		



### LEVEL 1 - BEGINNER LEVEL

H.I.I.T CLASS - This class is designed to give you some fun and varied cardio exercise to help improve your heart health, body composition and make exercise/training fun

GROUP PERSONAL TRAINING - This session is for you to gain expert level coaching through your programme giving you time to work towards a specific goal and train with purpose

POLAR METCON - working with the incredible Polar Heart Rate Monitoring tools, train right on the cutting edge with our circuit based class. Train at a level that is right for you

BOXERCISE - learn how to box with a skilled boxer and burn some calories whilst having fun

### LEVEL 2 - INTERMEDIATE LEVEL

STRENGTH ACADEMY M/F - A group class designed to introduce you to the fundamentals of strength training and how to do it right for overall health, body composition and fitness!

### LEVEL 3 - ADVANCED LEVEL

MODIFIED STRONGMAN TRAINING - a group class geared towards using old school tools, strength and conditioning and bodyweight drills. This is right of passage for serious participants. Tough.

ATHLETIC TEAM TRAINING - A session devoted to the pure purpose of athletic development including power, strength, speed, mobility and conditioning

OPEN GYM - Once comfortable with your training and programme, feel free to use the gym during open, unsupervised hours