

SMALL GROUP PERSONAL TRAINING TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am	5STRONG (JAMES)	HEARTBREAKER HIIT (FAB)			HEARTBREAKER HIIT (NICOLE)	
9:00am						5STRONG (FAB)
6:15pm				QUEEN OF LEAN (JACK)		
6:45pm			HEARTBREAKER HIIT (NICOLE)			
7:00pm		QUEEN OF LEAN (JACK)				

CLASS DESCRIPTIONS

5strong: Your whole body made 5strong. 5 exercises to rule them all. From beginner to advanced, this class will make you stronger than you were at the start of the challenge. A must for anyone who wants to do a push up or pull up one day, 5strong will get you there – fast.

Heartbreaker HIIT: Tyre flips, wall balls and abs all while catching your breath! This high intensity circuit will raise your heart rate and keep it there for some serious cardio that will keep your metabolism high along with your pulse.

Queen of Lean: The Queen is in – A fast paced circuit class that will work your muscles and raise your heart rate run in the Queenax area. Expect ball tosses, fast feet and a lot of sweat while your muscles are burning!