

SMALL GROUP PERSONAL TRAINING TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	THE GAMES ATHLETICS (GEORGE)			THE GAMES GYMNASTICS (JAMES)		
7:00am		THE GAMES TRACK CYCLING (AMANDA)				
9:30am						THE GAMES SQUAD (SARAH)
6:00pm	THE GAMES GYMNASTICS (JAMES)		THE GAMES ATHLETICS (GEORGE)			

CLASS DESCRIPTIONS

Athletics: Sprinters explode with phenomenal speed. Throwers launch with fierce power. Jumpers soar with exquisite technique. Distance athletes race with supreme endurance. That's just a taste of the Athletics competition. This high intensity interval training session is the ultimate 45 minute workout to build elite fitness and fat burning!

Track Cycling: Where tenacity and absolute commitment rewards the brave. Here there are no second chances. Track cycling is a fast-paced (30 minute), hard fought competition that involves a combination of speed, power, endurance and tactics.

Squad: We train for the games with perseverance and competitiveness but also with great team spirit. Be ready to bring all your workouts together in this fun 45 minute team workout!

Gymnastics: Balance, speed, flexibility, strength, control and finesse are just some of the attributes of elite gymnasts. This 45 minute workout will challenge what you think you know about strength training!

*All run downstairs except Track Cycling!