

SMALL GROUP PERSONAL TRAINING SESSIONS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--------------------------------|-------------------------------|-------------------------------|--------------------------------|----------------------|
| 7:30am | BOXING - HIIT PERFORMANCE ZONE | | STRENGTH MAIN STUDIO | SHRED - HIIT PERFORMANCE ZONE | STRENGTH MAIN STUDIO |
| 12:45am | | SHRED - HIIT PERFORMANCE ZONE | | BOXING - HIIT PERFORMANCE ZONE | |
| 5:15pm | STRENGTH PERFORMANCE ZONE | | SHRED - HIIT PERFORMANCE ZONE | | |

SESSION DESCRIPTIONS

SHRED - HIIT

This 45-min, high-intensity cardio workout will see three teams take on nine different stations and will kick start your metabolism.

STRENGTH

This class will challenge and change you by focusing on full body strength and endurance. This class requires total body integrated strength, mobility, skill and due to the resistance and functional exercises, you'll burn calories long after the class has finished!

BOXING - HIIT

This 45-min high intensity boxing and interval circuit consists of... you guessed it, boxing and functional resistance movements that will put your strength & stamina to the test.

*These sessions will only be available to participants in this years 8 week challenge.