

# SMALL GROUP PERSONAL TRAINING SESSIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15am			SHRED - HIIT MATT		SHRED - HIIT MATT	
8:15am						STRENGTH DERECK
6:30pm				BOXING - HIIT DERECK		
7:00pm	BOXING - HIIT MICHAEL	STRENGTH MICHAEL				

## 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.



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