

# GROUP FITNESS TIMETABLE

SEMI PRIVATE PERSONAL TRAINING IN SMALL GROUPS. DESIGNED FOR ALL AGES AND ABILITIES

## EAST FINCHLEY

	07:00 45'mins	09:30 45'mins	13:00 45'mins	17:15 45'mins	18:30 45'mins	19:30 45'mins
MONDAY	UPPER BODY		UPPER BODY	TEENFIT-BOX		UPPER BODY
TUESDAY	LOWER BODY					LOWER BODY
WEDNESDAY	HURRICANE	HURRICANE	HURRICANE	TEEN FIT	STRENGTH & CONDITIONING	
THURSDAY	MTF BOX		UPPER BODY	TEEN FIT	UPPER BODY	
FRIDAY		LOWER BODY	LOWER BODY			
SATURDAY	HURRICANE	HURRICANE	HURRICANE			
SUNDAY		HURRICANE				

## FINCHLEY CENTRAL

	06:00 45'mins	07:00 45'mins	09:30 45'mins	13:00 45'mins	17:15 45'mins	18:30 45'mins
MONDAY	UPPER BODY	UPPER BODY	UPPER BODY	STRENGTH & CONDITIONING	TEEN FIT	UPPER BODY
WEDNESDAY	HURRICANE		HURRICANE	HURRICANE	TEEN FIT	HURRICANE
FRIDAY		LOWER BODY	LOWER BODY	MTF BOX		
SATURDAY			HURRICANE			

**HURRICANE** — High Intensity circuits to increase your lean muscle and reduce body fat  
**UPPER BODY** — Strength and toning of upper body areas  
**LOWER BODY** — Strength and toning of lower body areas

**TEENFIT** — Fun circuit and weight training for kids  
**MTF BOX** — High Intensity boxing workout  
**STRENGTH & CONDITIONING** — Focusing on increasing strength and conditioning your body