



MOVE Fitness

Small Group Training Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	Strength & Conditioning	Metaburn	Core / METCON	Cardio Endurance	Focus	
7.30						Yoga
9.15	Strength & Conditioning	Metaburn				
12.30	Strength & Conditioning	Bodyweight	Core / METCON	Cardio Endurance	Focus	
5.15	Strength & Conditioning					
5.30			Yoga	Cardio Endurance		

- Sessions are *approximatley* 1 hour duration
- Lunchtime sessions are 45min
- Casual, 10 session pass or monthly passes available
- Sessions will begin ontime