

Session Timetable January - April 2024



DAY / TIME	06:30-07:20	07:30 - 08:20	08:30 - 09:20	09:30 - 10:30	12:30 - 13:20	13:30 - 16:30	16:30 - 17:20	17:30 - 18:20	18:30 - 19:20	19:30 - 20:20
MONDAY			PT/Open Studio	PT/Open Studio	Living Strength	PT/Open Studio	PT/Open Studio	KB/Core	Living Strength	PT/Open Studio
	UBS	UBS		UBS	UBS			UBS	UBS	
TUESDAY	KB/Core	Living Strength		KB/Core	Living Strength				Living Strength	
	LBS	LBS								
WEDNESDAY	Living Strength	KB/Core		Living Strength				Living Strength	KB/Core	
	FBS	FBS			FBS		FBS	FBS	FBS	
THURSDAY	KB/Core	Living Strength	KB/Core		Living Strength			KB/Core	Living Strength	
	UBS	UBS		UBS				UBS		
FRIDAY	Living Strength	KB/Core		Living Strength			Living Strength			
				LBS	FBS		LBS			
SATURDAY	Studio Closed	Living Strength		RUN CLUB	PT/Open Studio	Studio Closed				
			LBS (08:00-09:00)	RUN CLUB						
SUNDAY				S.C.						

- KB/Core.** Movement and Strength training using functional equipment including kettlebells (Stephen)
- Living Strength.** Building strength for everyday life (Stephen)
- UBS** Upper Body Strength training (Shaun)
- LBS** Lower Body Strength training (Shaun)
- FBS** Full Body Strength training (Shaun)
- RUN CLUB** Open to all members and guests (one mile loops at any pace you can)
- S.C.** Sunday Conditioning (Once Per Month)