

SMALL GROUP PT SCHEDULE



**STRENGTH IN
MOVEMENT**

MON

Full body 1
(deadlift)

5.15AM
6.15AM
7.30AM
9.30AM

12.30PM
4.30PM
5.45PM

THU

Full body 1
(deadlift)

6.15AM
9.30AM

12.30PM
5.45PM

SUN

Closed

TUE

Full body 2
(squat)

6.15AM
7.30AM
9.30AM

12.30PM
4.30PM
5.45PM

FRI

Full body 2
(squat)

5.15AM
6.15AM
7.30AM
9.30AM

12PM
4.30PM

WED

Full body 3
(Bench/ hip
thrust)

5.15AM
6.15AM
7.30AM
9.30AM

12.30PM
4.30PM
5.45PM

SAT

Full body 3
(Bench/ hip
thrust)

7AM
8AM - **CONDITIONING (HIIT) LARGE GROUP**
10AM

**ALL SMALL GROUP PT SESSIONS
WILL HAVE A FOCUS, IE A BIG LIFT,
BUT WILL COVER THE FULL BODY.**