

RELENTLESS





SMALL GROUPS - BIG RESULTS!

Members May-hem
6th-31th May

A 45 min small group based training session designed to challenge your fitness level and test your limits while under the supervision of a qualified instructor. The sessions include a variety of different training styles including body weight, HIIT, strength, resistance band and core exercises. The format will be rotated regularly to keep you motivated and coming back for more! Limited to 8 people per session.

*Collect a class ticket at reception prior to the session. Classes held in gym.

PROGRAM TIMETABLE:

| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|---|-----|---|-----|---|-----|---|
| 6.00PM |  | | | | | | |
| 6.00PM | | |  | | | | |
| 6.00PM | | | | |  | | |
| 9.30AM | | | | | | |  |