

GYM PROGRAMME 2019

1 - w/c 28th January & 25th February 2019

2 - w/c 4th February & 4th March 2019

3 - w/c 11th February & 11th March 2019

4 - w/c 21st January & 18th February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Injury Clinic 07:30 - 08:00	Injury Clinic 10:00 - 10:30	Stretch & Flex 11:00 - 11:20	Female Weights Workshop 17:30 - 18:30	Functional Training 10:30 - 11:15	Chest & Triceps Workshop 10:30 - 11:30	Female Weights Workshop 13:30 - 14:30
	Squat Workshop 13:00 - 13:45				Injury Clinic 14:00 - 14:30		
					Injury Clinic 18:30 - 19:00		
2	Female Weights Workshop 07:15 - 08:15	Injury Clinic 10:00 - 10:30	Stretch & Flex 11:00 - 11:20	Lunge Workshop 17:30 - 18:15	Back & Biceps Workshop 07:15 - 08:00	Female Weights Workshop 14:30 - 15:30	
	Injury Clinic 07:30 - 08:00	Cardio Training 19:30 - 20:00			Injury Clinic 14:00 - 14:30		
					Injury Clinic 18:30 - 19:00		
3	Injury Clinic 07:30 - 08:00	Injury Clinic 10:00 - 10:30	Stretch & Flex 11:00 - 11:20		Female Weights Workshop 13:00 - 14:00	Female Weights Workshop 12:30 - 13:30	'Pull' Workshop 10:30 - 11:15
	'Push' Workshop 18:00 - 18:45	Functional Training 19:30 - 20:15			Injury Clinic 14:00 - 14:30		
					Injury Clinic 18:30 - 19:00		
4	Injury Clinic 07:30 - 08:00	Injury Clinic 10:00 - 10:30	Stretch & Flex 11:00 - 11:20	Female Weights Workshop 13:00 - 14:00	Cardio Training 10:30 - 11:00	'Push' Workshop 13:30 - 14:15	
		Female Weights Workshop 17:45 - 18:45	Upper Body Workshop 12:00 - 12:45		Injury Clinic 14:00 - 14:30		
					Injury Clinic 18:30 - 19:00		