

GYM PROGRAMME



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 - w/c 13 May						
SQUAT WORKSHOP		STRETCH & FLEX WORKSHOP	FEMALE WEIGHTS WORKSHOP	FUNCTIONAL TRAINING WORKSHOP	CHEST & TRICEPS WORKSHOP	FEMALE WEIGHTS WORKSHOP
12:30 - 13:15		11:00 - 11:20	17:30 - 18:30	11:00 - 11:30	14:00 - 14:45	13:30 - 14:30
				INJURY CLINICS (15 min clinics)		
				14:00 - 14:30 / 18:45 - 19:15		
2 - w/c 20 May						
FEMALE WEIGHTS WORKSHOP	CARDIO TRAINING WORKSHOP	STRETCH & FLEX WORKSHOP	GLUTE WORKSHOP	BACK & BICEPS WORKSHOP	FEMALE WEIGHTS WORKSHOP	
12:30 - 13:30	17:30 - 18:00	11:00 - 11:20	17:30 - 18:15	12:15 - 13:00	14:30 - 15:30	
				INJURY CLINICS (15 min clinics)		
				14:00 - 14:30 / 18:45 - 19:15		
3 - w/c 29 April & w/c 27 May						
'PUSH' WORKSHOP	FUNCTIONAL TRAINING WORKSHOP	STRETCH & FLEX WORKSHOP	'PULL' WORKSHOP	FEMALE WEIGHTS WORKSHOP	FEMALE WEIGHTS WORKSHOP	
18:00 - 18:45	17:30 - 18:00	11:00 - 11:20	17:30 - 18:15	13:00 - 14:00	12:30 - 13:30	
				INJURY CLINICS (15 min clinics)		
				14:00 - 14:30 / 18:45 - 19:15		
4 - w/c 6 May						
	FEMALE WEIGHTS WORKSHOP	STRETCH & FLEX WORKSHOP	FEMALE WEIGHTS WORKSHOP	CARDIO TRAINING WORKSHOP	LOWER BODY WORKSHOP	
	17:45 - 18:45	11:00 - 11:20	13:00 - 14:00	11:00 - 11:30	13:30 - 14:15	
		UPPER BODY WORKSHOP		INJURY CLINICS (15 min clinics)		
		12:00 - 12:45		14:00 - 14:30 / 18:45 - 19:15		