

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9.30am- 10.30am Hatha Yoga with Lou</p>	<p>7.30am- 8.15am Hiit + Ab Blast with Charlie High intensity workout aimed to melt fat, improve core strength and reveal defined abs</p>	<p>9.30am- 10.15am Gentle box fit with Charlie lower intensity cardio workout based on boxing techniques</p>	<p>12:30pm-12:45pm Hiit + Ab Blast with Charlie High intensity workout aimed to melt fat, improve core strength and reveal defined abs</p>	<p>7.30am- 8.15am Kettlebells with Charlie Mix of strength and cardiovascular exercise to build muscle</p>
<p>10.30am – 11.15am Lightweight Circuit Class with Charlie Low intensity workout to improve general strength and fitness</p>	<p>9.30am- 10.15am Step fitness class with Charlie Has all the benefits of high intensity work out without putting stress on joints</p>	<p>12:30pm-12:45pm Kettlebells with Charlie Mix of strength and cardiovascular exercise to build muscle</p>	<p>2pm-2.45pm Functional strength Full body functional training exercise that improves strength and mobility</p>	<p>9.30am – 10.15am Lightweight Circuit Class with Charlie Low intensity workout to improve general strength and fitness</p>
<p>10.45am – 11.30am Strength and stretch yoga with Lou</p>	<p>2pm-2:45pm Functional strength with Charlie Full body functional training exercise that improves strength and mobility</p>	<p>2:00pm-3:00pm Boxfit with Charlie High intensity cardio workout based on boxing techniques</p>	<p>4:30pm-5:15pm Lightweight Circuit Class with Charlie Low intensity workout to improve general strength and fitness</p>	<p>12:30pm- 1:15pm Body Blast with Charlie Full body high intensity workout using free weights and body weight to improve strength and fitness</p>
<p>2pm-2:45pm Functional strength with Charlie Full body functional training exercise that improves strength and mobility</p>	<p>6:30pm-8pm Vinyasa Yoga with Lou</p>	<p>4pm-4.45pm Functional strength Full body functional training exercise that improves strength and mobility</p>	<p>6.30pm-7.30pm Body Blast with Charlie Full body high intensity workout using free weights and body weight to improve strength and fitness</p>	

6.30pm- 7.30pm Boxfit with Charlie High intensity cardio workout based on boxing techniques				
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