







Group Training Timetable

	Mon	Tue	Wed	Thu	Fri	Sat	Sun				
Morning		6:00 Get Fit	6:00 Strength Camp	6:00 Five Rounds Fit	6:00 Get Fit	6:00 Strength Camp	6:00 Get Strong 	6:00 Outdoor	7:00 – 8:30 Strength Camp	7:30 Five Rounds Fit	
	6:15 METAPWR										
	7:00 METAPWR			6:45 Five Rounds Fit			7:00 METAFIT		8:15 Five Rounds Fit		
	9:30 METAPWR	9:30 Get Fit	9:30 Five Rounds Fit	9:30 METAPWR	9:30 METAFIT	9:15 METAPWR	9:00 METAPWR				
						10:15 (1 hr) Qi Gong	10:15 Nordic Walk Group				
Evening	5:30 High Speed Combo	5:30 Outdoor 	5:30 Five Rounds Fit	5:30 Get Fit	5:30 METAFIT	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Simply book online or via SEE CHANGE PT app</p>  </div> <div style="margin-top: 10px;">  <p><i>Bootcamp is run outdoors at Fairfield Park. Booking is essential. Clients booked in will be notified of any meeting point changes.</i></p> </div>					
					6:00 Tabata 45						
	6:30 META FIT	5:30 & 6:30 Strength Camp	6:45 pm (1hr) GMB Movement	6:30 MetaPWR							
Duration		30 mins	45 mins	Specialty classes (payment to trainer)		Contact details for trainers on online timetable.					

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