

GROUP EX

ASTLEY SPORTS VILLAGE

HEALTH . FITNESS . SPORT



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 EARLY BIRD FLEX IT (Dylan)	06:00 EARLY BIRD ASV STRENGTH GROUP PT (Sam Bell)	06:00 EARLY BIRD CIRCUIT TRAINING (Dylan)	06:00 EARLY BIRD SPIN (Lisa V)	06:00 EARLY BIRD BOX30 (Sam Bell)	08:15 SATURDAY CIRCUIT TRAINING (Gym Team)	08:00 ASV IGNITE (Mark)
07:30 ASV CORE GROUP PT (Dylan)	06:00 EARLY BIRD SPIN (Lisa V)	07:30 TRX GROUP PT (Dylan)	07:30 ASV ACTIVATION GROUP PT (Lisa V)	07:30 ASV STRENGTH GROUP PT (Sam Bell)	09:00 4DPRO PRO BUNGEE GROUP PT (Caitland)	09:00 ASV ACTIVATION (Lisa V)
09:00 QUEENAX CIRCUIT (Dylan)	07:30 LEGS, BUMS & TUMS GROUP PT (Sam Bell)	09:00 ASV STRENGTH GROUP PT (Dylan)	09:00 ASV STRENGTH GROUP PT (Lisa V)	09:00 Queenax Circuit (Sam Bell)	09:30 FLEX IT (Gym Team)	10:00 FLEX IT (Gym Team)
11:00 OVER 50s GYM (Dylan)	09:00 QUEENAX CIRCUIT (Sam Bell)	10:00 LEGS, BUMS AND TUMS GROUP PT (Dylan)	10:00 OVER 50s GYM (Lisa V)	10:00 ASV CORE GROUP PT (Sam Bell)	10:00 4DPRO BUNGEE FITNESS GROUP PT (Caitland)	10:00 FITBALL GROUP PT (Lisa V)
16:30 QUEENAX CIRCUIT (Lisa V)	11:00 OVER 50s GYM (Sam Bell)	16:30 ASV CORE (Leighton)	16:30 ASV STRENGTH Group PT (Dylan)	10:45 TRX SUSPENSION TRAINING GROUP PT (Sam Bell)	11:00 TRX SUSPENSION TRAINING GROUP PT (Gym Team)	
17:30 STRONG NATION (Lisa V)	17:00 QUEENAX CIRCUIT (Caitland)	17:00 QUEENAX CIRCUIT (Lisa V)	17:30 LEGS, BUMS & TUMS (Dylan)	17:15 LEG & GLUTE BUILDER (Dylan)		
16:30 ASV BOX30 (Mark)	16:30 LEGS, BUMS & TUMS GROUP PT (Leighton)	17:30 ULTIMATE KETTLEBELLS (Sam Bell)	18:15 STRONG NATION30 (Lisa V)	18:00 QUEENAX CIRCUIT (Caitland)		
17:00 ASV BOX30 (Mark)	17:20 ULTIMATE KETTLEBELLS (Natalie)	18:30 QUEENAX CIRCUIT (Leighton)	19:00 ZUMBA (Lisa V)	18:30 FLEX-IT FRIDAYS (Dylan)		
17:30 FLEX-FIT FUSION (Leighton)	18:00 LETS LIFT GROUP PT (Caitland)	19:15 FITBALL FUSION GROUP PT (Lisa V)	19:00 FLEX FIT FUSION GROUP PT (Dylan)	19:20 FEEL GOOD FRIDAY FITNESS (Caitland)		
18:15 EXPRESS SPIN (Leighton)	18:30 EXPRESS SPIN (Leighton)	19:30 ASV CARDIO (Leighton)	19:30 FLEX-IT (Sam Bell)			
18:25 LEGS, BUMS & TUMS (Caitland)	19:00 RESISTANCE BANDS GROUP PT (Caitland)	20:15 WEIGHTS WEDNESDAY (Sam Bell)				
19:00 ZUMBA (Lisa V)	19:30 ASV BOX30 (Lisa V)					
20:00 FLEX-FIT FUSION (Leighton)	20:00 ASV CORE (Leighton)					
	20:15 CLUBBERCISE (Lisa V & Caitland)					



MAKE YOUR WORKOUTS COUNT

