

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 (Caitland)	06:00 EARLY BIRD ASV IGNITE (Dylan)	06:00 EARLY BIRD SPIN (Lisa B)	06:00 EARLY BIRD BOX30 (Mark)	08:15 ASV IGNITE (Gym Team)	08:15 SUNDAY SPIN (Lisa B/Caitland)
07:30 ULTIMATE KETTLEBELLS (Dylan)	06:00 EARLY BIRD SPIN (Lisa B)	07:30 TRX SUSPENSION TRAINING GROUP PT (Dylan)	07:30 RESISTANCE BANDS (Lisa B)	09:30 ASV CORE GROUP PT (Mark)	09:30 FLEX IT (Gym Team)	09:15 ASV BOX30 (Gym Team)
09:00 FLEX FIT FUSION GROUP PT (Dylan)	07:30 LEGS, BUMS & TUMS GROUP PT (Caitland)	09:00 ASV STRENGTH GROUP PT (Dylan)	09:00 ASV IGNITE GROUP PT (Lisa B)	16:30 BOX30 (Caitland)	11:30 TRX SUSPENSION TRAINING GROUP PT (Gym Team)	10:15 FLEX IT (Lisa B)
10:00 BLAST 30 (Dylan)	09:00 QUEENAX CIRCUIT (Caitland)	10:00 LEGS, BUMS AND TUMS GROUP PT (Dylan)	10:00 OVER 50s GYM (Lisa B)	17:15 LEG & GLUTE BUILDER (Dylan)	13:00 FLEX-30 (Gym Team)	10:30 BLAST 30 (Gym Team)
11:00 OVER 50s GYM (Dylan)	11:00 OVER 50s GYM (Caitland)	16:30 ASV CORE (Leighton)	16:30 ASV STRENGTH Group PT (Dylan)	18:00 QUEENAX CIRCUIT (Caitland)		
16:30 QUEENAX CIRCUIT (Lisa B)	17:00 QUEENAX CIRCUIT (Lisa B)	17:15 QUEENAX CIRCUIT (Lisa B)	17:30 LEGS, BUMS & TUMS (Dylan)	19:00 FRIDAY NIGHT SPIN (Caitland)		
17:45 ROCK30 (Lisa B)	16:30 LEGS, BUMS & TUMS GROUP PT (Leighton)	17:30 WORKOUT WEDNESDAYS (Caitland)	18:00 QUEENAX CIRCUIT (Caitland)	19:15 BLAST 30 (Dylan)		
17:00 ASV BOX30 (Caitland)	17:20 ULTIMATE KETTLEBELLS (Natalie)	18:20 QUEENAX CIRCUIT (Leighton)	18:15 BOXERCISE (Lisa B)			
17:30 FLEX-FIT FUSION (Leighton)	18:00 LETS LIFT GROUP PT (Caitland)	18:30 FLEX-30 (Caitland)	19:00 ZUMBA (Lisa B)			
18:15 EXPRESS SPIN (Leighton)	18:30 EXPRESS SPIN (Leighton)	19:00 BACK2FITNESS NEW MEMBERS (Lisa B)	19:00 FLEX FIT FUSION GROUP PT (Dylan)			
18:25 ASV BURN (Caitland)	19:00 CLUBBERCISE (Caitland)	19:15 FLEX FIT FUSION GROUP PT (Leighton)	19:30 FLEX-IT (Caitland)			
19:00 ZUMBA (Lisa B & Caitland)	19:30 ASV BOX30 (Lisa B)	20:15 ASV STRENGTH GROUP PT (Caitland)				
20:00 FLEX-FIT FUSION GROUP PT (Leighton)	20:00 ASV CORE GROUP PT (Leighton)					



MAKE YOUR WORKOUTS COUNT

