



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		09:30-10:30 Group Training with Rich/Joel		07:00-07:45 Natural Movement - Ashton Court with Joel/Rich	06:30-11:30 Sports Therapy & Massage Clinic with Ali	08:30-09:30 Functional Bootcamp - Ashton Court with Joel	
					09:30-10:30 Group Training with Rich/Joel	10:00-10:45 Functional Bootcamp - Thornbury with Rich	
Afternoon			12:30-13:00 Stress Breaker HIIT - Queens Square with Rich	12:15-13:00 Private Corporate Well-being session			
Evening	17:30-18:30 Calisthenics for Beginners with Joel	18:00-19:00 Functional Bootcamp - Ashton Court with Joel	17:25-18:25 Olympic Weightlifting with Ash		16:00-17:00 Private Corporate Well-being session		
	19:00-20:00 Yoga for Functional Movement with Lizzie		18:30-19:30 Boxing & Conditioning with Ash				