

GROUP EX

ASTLEY SPORTS VILLAGE

HEALTH . FITNESS . SPORT



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



SCAN ME

