



THE CUT
HEALTH CLUB

Small Group Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
7.00am					
9.00am	Abs, Butts, Thighs (Class Based)	HIIT (Circuit)	Weight Training	Abs, Butts, Thighs (Circuit Based)	Bootcamp
10.00am		Beginners in the Gym		Beginners Yoga (8 People Max)	
6.00pm	Beginners Yoga (8 People Max)	HIIT (Circuit)	Pilates (Matwork)	Abs, Butts, Thighs (Circuit Based)	