



THE CUT
HEALTH CLUB

Small Group Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
6.00am		Abs, Butts, Thighs (Class Based)		Boxing	
9.00am	Abs, Butts, Thighs (Class Based)	HIIT (Circuit)	Weight Training	Abs, Butts, Thighs (Circuit Based)	Bootcamp (Indoor/Outdoor)
10.00am	Boxing	Beginners in the Gym	Fat Burner	Yoga	Weight Training
11.00am	Seniors Strength Training				Seniors Boxing
5.00pm	Yoga		5.30pm Pilates (Matwork)		