

Class Timetable

Burwell, Cambridge

LEVEL UP.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 am	Body Conditioning	Circuits	Tempo	HIIT	Strength and Conditioning	
7.30 am						Circuits
9.15 am		Strength and Conditioning		Unilateral Training		Full Body Mobilisation
6.00 pm	HIIT	Body Conditioning	Full Body Mobilisation	Circuits		
6.45 pm	Functional Runners		Youth Athletic Development			

Class Timetable

Great Shelford, Cambridge

LEVEL UP.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.30 am	Body Conditioning	HIIT	Tempo	HIIT	Body Conditioning	
7.30 am						HIIT
9.15 am						Full Body Mobilisation
5.30 pm		Body Conditioning	Full Body Mobilisation	Tempo		
6.30 pm	HIIT					