

WEDNESDAY 1 FEBRUARY 2023
SHRED

THURSDAY 2 FEBRUARY 2023
EMOM

FRIDAY 3 FEBRUARY 2023
80/20

SATURDAY 4 FEBRUARY 2023
SATURDAY TEAMS

MONDAY 6 FEBRUARY 2023
TRIPLE THREAT

TUESDAY 7 FEBRUARY 2023
AMRAP

WEDNESDAY 8 FEBRUARY 2023
WEDNESDAY WARRIOR

THURSDAY 9 FEBRUARY 2023
KETTLEBELL KILLER

FRIDAY 10 FEBRUARY 2023
HIIT THE LIGHTS OUT

SATURDAY 11 FEBRUARY 2023
SATURDAY TEAMS

MONDAY 13 FEBRUARY 2023
SUPER STRENGTH

TUESDAY 14 FEBRUARY 2023
PARTNER CHALLENGE

WEDNESDAY 15 FEBRUARY 2023
CHIPPER

THURSDAY 16 FEBRUARY 2023
ENDURANCE EDITION

FRIDAY 17 FEBRUARY 2023
FUNCTIONAL FRIDAY

SATURDAY 18 FEBRUARY 2023
SATURDAY TEAMS

MONDAY 20 FEBRUARY 2023
CURLS AND CRUNCHES

TUESDAY 21 FEBRUARY 2023
BALLS OF FUN

WEDNESDAY 22 FEBRUARY 2023
BATTLE IT OUT

THURSDAY 23 FEBRUARY 2023
SLED SENSATION

FRIDAY 24 FEBRUARY 2023
BOOTCAMP

SATURDAY 25 FEBRUARY 2023
SATURDAY TEAMS

MONDAY 27 FEBRUARY 2023
MEDBALL MADNESS

TUESDAY 28 FEBRUARY 2023
CHALLENGE TIME

WHAT'S ON

FEBRUARY GROUP TRAINING CLASSES

