



2019 Training Schedule

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lower Body	Upper Body	Lower Body	Upper Body	Full Body	Full Body
6:00 - 7:00AM	Ladies Performance (all levels)	Ladies Performance (all levels)	Ladies Performance (all levels)	Ladies Performance (all levels)	Strength & Conditioning (all levels)	
8:15 - 9:15AM						Strength & Conditioning (all levels)
9:30 - 10:30AM						Members Workshops & Skills Labs
10:00 - 11:00AM		Ladies Performance (all levels)		Conditioning (all levels)		
4:45 - 5:30PM				Conditioning (all levels)		
4:45 - 5:45PM	Ladies Performance (all levels)	Ladies Performance (all levels)	Ladies Performance (all levels)			
5:30 - 6:30PM				Ladies Performance (all levels)	Strength & Conditioning (all levels)	
6:00 - 7:00PM	Ladies Performance (all levels)	Ladies Performance (all levels)	Ladies Performance (all levels)			

**Skills labs are free to our members to support their journey. All information regarding our skills labs will be shared in our private Facebook Group.

LADIES PERFORMANCE (60MIN)

This is your strength training with individualised programming designed to support your level and goals.

Each class ends with 10-15 minutes of high intensity cardio!

CONDITIONING / STRENGTH & CONDITIONING (45MIN)

This is your high intensity, high volume training (cardio!) designed to support your strength training and fitness.

Each class offers alternatives and progressions to support your level and goals.

TRAINING SCHEDULE

Monday Lower Body (High Volume + Conditioning) (No Program)

Tuesday Upper Body & Core (Program)

Wednesday Lower Body & Core (Program)

Thursday Upper Body & Core (Program)

Friday Full Body Strength & Conditioning (No Program)

Saturday Full Body Strength & Conditioning (No Program)

*** NOTE ***

The MindBody App does not allow the purchase of Memberships or Contracts on its platform.

Please contact us directly on 0431577869 or visit our website to apply for a membership www.mindbodyperformancenewcastle.com