

X-PT Outdoor Team Fitness Winter Programme 2019

02/01/2019 to 16/04 2019 Home Base- Blackhill & Consett Park

| Day | Session | Times |
|-------|---|-------------------------------------|
| Mon | Iron Fist Squadron (Kettlebell Conditioning Circuits) | 0550-0635 1000-1100 1830-1930 |
| Tues | X-PT UCT (Our spin on non traditional Circuit Training) | 0550-0635 1830-1930 |
| Weds | Running Club—All Abilities (sprinting, intervals, timed runs, team and partner runs) | 0550-0635 1000-1100 1830-1930 |
| Thurs | HIIT/HIIT Circuits (High Intensity Interval training) | 0550-0635 1830-1930 |
| Fri | Iron Fist Squadron (Kettlebell WOD Challenges) | 0550-0635 1000-1100 |

Regular Weigh-ins, Measurements & Fitness Based Assessments As Standard So You Can Clearly Track Your Own Progress

'Unity is strength_ when there is teamwork and commitment wonderful things can be achieved'

For more information regarding our classes please visit the bootcamp pages at www.x-pt.co.uk and follow us on [Facebook](#)

