

FIGHTING FIT

AUSTRALIA

Ladies Only Program

Day	Date	Time	Session	Location
Monday	9 th January	9:00	Full Body Circuit	FFT
Tuesday	10th January	6:00	Boxing Technique and Circuit	FFT
Thursday	12 th January	6:00	Fitball / Abs Butts and Thighs	FFT
Monday	16 th January	9:00	Resistance Training - Endurance	FFT
Tuesday	17th January	6:00	Kettlebell and Body weight Tabata	FFT
Thursday	19 th January	6:00	Step Up Circuit	FFT
Monday	23 rd January	9:00	Boxing and Bodyweight	FFT
Tuesday	24th January	6:00	Fitdeck – Cardio and Medicine Ball	FFT
Thursday	26th January		AUSTRALIAN DAY – No Training	
Monday	30 th January	9:00	Kettlebell and Boxing Training	FFT
Tuesday	31st January	6:00	Cardio/Abs, Butts and Thighs	FFT
Thursday	2 nd February	6:00	100 Rep Challenge	FFT
Monday	6 th February	9:00	Upper Body Circuit and Abs.	FFT
Tuesday	7th February	6:00	Cardio – Interval Training	FFT
Thursday	9 th February	6:00	Fitball – Balance and Core	FFT
Monday	13 th February	9:00	Cycling Circuit – Cadel Evans Style	FFT
Tuesday	14th February	6:00	Valentine’s Day Circuit (You’ll love it). ☺	FFT
Thursday	16 th February	6:00	Overhaul Circuit	FFT
Monday	20 th February	09:00	Flex and Stretch	FFT
Tuesday	21st February	06:00	Bodyweight Circuit	FFT
Thursday	23 rd February	06:00	Tabata Circuit Format	FFT
Monday	27 th February	09:00	Pump – Full Body Circuit	FFT
Tuesday	28th February	06:00	Medicine Ball Training	FFT
Thursday	1 st March	06:00	Fitball Resistance – Toning	FFT

All sessions will be high intensity but remember there will always be an option for you if you find it too difficult.