

GROUP STRENGTH TRAINING

UofG
SPORT



4 week blocks



Studio 1



Members £20
Non Members £32

Group Strength Training will guide you through a periodised strength training programme over a four week period to build functional strength and fitness. This course is designed to provide a fun and safe environment for participants to train together under the supervision of a coach.

Mondays	Tuesdays	Wednesdays (AM)	Wednesdays (PM)	Thursdays	Fridays
17:00 - 18:00	12:00 - 13:00	07:00 - 08:00	17:00 - 18:00	12:00 - 13:00	17:00 - 18:00
Start :30/09/2024 End : 21/10/2024	Start: 01/10/2024 End: 22/10/2024	Start: 02/10/2024 End: 23/10/2024	Start: 02/10/2024 End: 23/10/2024	Start: 03/10/2024 End: 24/10/2024	Start: 04/10/2024 End: 25/10/2024
Start: 28/10/2024 End: 18/11/2024	Start: 29/10/2024 End: 19/11/2024	Start: 30/10/2024 End: 20/11/2024	Start: 30/10/2024 End: 20/11/2024	Start: 31/10/2024 End: 21/11/2024	Start: 01/11/2024 End: 22/11/2024
Start: 25/11/2024 End: 16/12/2024	Start: 26/11/2024 End: 17/12/2024	Start: 27/11/2024 End: 18/12/2024	Start: 27/11/2024 End: 18/12/2024	Start: 28/11/2024 End: 19/12/2024	Start: 29/11/2024 End: 20/12/2024