

# STRENGTH & CONDITIONING SUITE

@ Pontypool ALC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 7:30am Public Opening	6:15am - 12noon Public Opening	6:15am - 7:30am Public Opening	6:15am - 12noon Public Opening	6:15am - 12noon Public Opening	7:30am - 8am Strength WOD	8:45am - 10am Public Opening
7:30am - 8am Strength WOD	12noon - 1:30pm Private Booking	7:30am-8am Strength WOD	12noon - 1:30pm Private Booking	12noon - 1:30pm Private Booking	8:30am - 10am Public Opening	10am - 12:30pm Private Booking
8:30am - 12noon Public Opening	1:30pm - 7pm Public Opening	8:30am - 12noon Public Opening	1:30pm - 5pm Public Opening	2pm - 2:30pm Go emPower (Adults - Female Only)	10am - 12:30pm Private Booking	12:30pm - 3pm Public Opening
12noon - 1:30pm Private Booking	7pm - 8pm Private Booking	12noon - 1:30pm Private Booking	5pm - 7pm Private Booking	3pm - 6pm Public Opening	12:30pm - 3pm Public Opening	
1:30pm - 5:30pm Public Opening	8pm - 9:30pm Public Opening	1:30pm - 5:30pm Public Opening	7pm - 9:30pm Public Opening	6pm - 8pm Private Booking	<p><b>S&amp;C</b> <b>CLASSES!</b></p> <p><b>GO emPOWER</b></p> <p>A women's only class located in the gym environment. The fitness instructor will take you through a gym based circuits class utilising the equipment and allow you to learn different techniques for strength and cardio training. The aim of the class is to make you comfortable within the gym environment for future solo use!</p>	
5:30pm - 8pm Private Booking		5:30pm - 6:30pm Private Booking		8pm - 9:30pm Public Opening		
8pm - 9:30pm Public Opening		6:30pm - 9:30pm Public Opening				

## STRENGTH WOD

Strength WOD (Workout Of The Day) is a gym based circuit session delivered by one of our qualified instructors, they will support and challenge the group to reach their limits in a fun and welcoming way.

## GO emPOWER

A women's only class located in the gym environment. The fitness instructor will take you through a gym based circuits class utilising the equipment and allow you to learn different techniques for strength and cardio training. The aim of the class is to make you comfortable within the gym environment for future solo use!