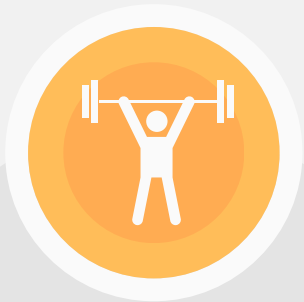


## Personal Growth



# Supporting Your Personal Journey



*Monday*

**6.30am – HiiT Series**

**5'15pm – HiiT Series**  
**6.00pm – Knockout Fitness**  
**6.30pm – Running Club**  
**7.00pm – TBC**



*Tuesday*

**7.00am – Hot Yoga**

**6.00pm – Tri Box (Female)**  
**6.30pm – Tri Box (Male)**  
**(Tri Box is a 75 min Class)**  
**7.30pm - HiiT Series**



*Wednesday*

**6.30am – HiiT Series**  
**7.00am – Running club**

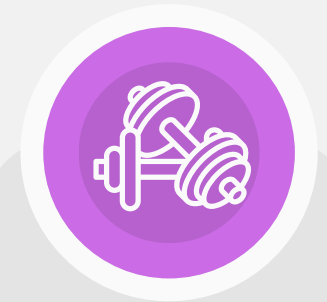
**5.15pm – Dance Fitness**  
**6.00pm – HiiT Series**  
**7.15pm – Hot Yoga**



*Thursday*

**7.00am – Hot Yoga**

**5.45pm – Knockout Fitness**  
**6.30pm – Learn 2 Lift (Female)**  
**7.30pm – Barbell Club**



*Friday*

**6.30am – HiiT Series**

**5.15pm – HiiT Series**  
**6.00pm – Barbell Club**



[personal-growth.co.uk](https://personal-growth.co.uk)



[hello@personal-growth.co.uk](mailto:hello@personal-growth.co.uk)

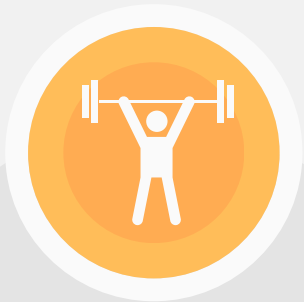
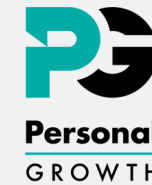


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## Personal Growth



# Supporting Your Personal Journey



### Saturday

8.30am – Learn 2 Lift  
(Female)

9.30am – HiIT Series

10.30am - Various  
Workshops See Website



### Sunday

8.30am - Hot Yoga  
9.30am - Hot Yoga  
10.30am - Tri Box  
(Mixed)



### Personal Training Sarah

Results-focused  
Motivational Support  
Expertise: Strength,  
Conditioning  
Customised Plans  
Weight Loss



### Personal Training Ryan

Bespoke Training  
Cardio and Muscle  
Versatile Scheduling  
Confidence Building  
Positive Mindset  
Weight Loss  
Nutrition



### Personal Training Tommy

Core Strength Expert  
Confidence Building  
Positive Mindset  
Strength & Conditioning  
Boxing Expert



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Whether it's your first or 21st PT session, our bespoke training is all about supporting your personal journey.