

GROUP STRENGTH TRAINING

UofG
SPORT



4 week blocks



Studio 1



Members £20
Non Members £32



Group Strength Training will guide you through a 4 week strength training programme to build functional strength and fitness, under the supervision of one of our coaches. We'll focus on technique and loading to see progression over the block, with a tailored programme to record your progress. These sessions create a fun and safe environment for anyone looking for additional coaching.

Mondays	Tuesdays	Wednesdays	Fridays	Saturdays
17:00 - 18:00	12:00 - 13:00	07:00 - 08:00 18:00 - 19:00	17:00 - 18:00	10:30 - 11:30
Start :28/04/2025 End : 19/05/2025	Start: 29/04/2025 End: 20/05/2025	Start: 30/04/2025 End: 21/05/2025	Start: 02/05/2025 End: 23/05/2025	Start: 03/05/2025 End: 24/05/2025zz