

# SMALL GROUP TRAINING



**HOPE PARK  
SPORTS**  
AT LIVERPOOL HOPE UNIVERSITY

<b>Monday</b>	<b>LIFT</b>	S&C Suite 17.10-17.50	Developing fundamentals of lifting & building muscle
<b>Tuesday</b>	<b>BURN</b>	Exercise Studio 17.10-17.50	Improving cardiovascular fitness & high intensity work
<b>Wednesday</b>	<b>LIFT</b>	S&C Suite 17.10-17.50	Developing fundamentals of lifting & building muscle
<b>Thursday</b>	<b>BOX</b>	Exercise Studio 17.10-17.50	Bonus session: boxing skills, speed, agility & power
<b>Friday</b>	<b>BOX</b>	Exercise Studio 17.10-17.50	Bonus session: boxing skills, speed, agility & power

**Our Small Group Training programme is changing for the last few weeks of the academic year. From 22nd April, we are introducing 2 new BOX sessions to help relieve stress in the lead up to exams. Places are limited on each session - please remember to pre-book your space on these sessions to avoid disappointment!**