



September / October / November Schedule For Ladies Technical Lifting Class

Open to ladies who are complete beginners to experience lifters looking to learn how to improve technique in the compound movements like Squat, Deadlift, Pull Ups & Olympic Lifts. Learn correct technique to achieve athletic look, Fat Loss and enjoy weights.

21st September 2019

Squats @ 1pm
Metabolic Conditioning @ 2pm

28th September 2019

Bench @ 1pm
Metabolic Conditioning Fat Loss /
Endurance @ 2pm

5th October 2019

Deadlift @ 1pm
Metabolic Conditioning Fat Loss /
Endurance @ 2pm

12th October 2019

**No
Class**

19th October 2019

Squats @ 1pm
Metabolic Conditioning @ 2pm

26th October 2019

Squats @ 1pm
Metabolic Conditioning @ 2pm

2nd November 2019

Olympic Lifts @ 1pm
Metabolic Conditioning Fat Loss /
Endurance @ 2pm

9th November 2019

**No
Class**

16th November 2019

Deadlift @ 1pm
Metabolic Conditioning Fat Loss /
Endurance @ 2pm

23rd November 2019

Squats @ 1pm
Metabolic Conditioning @ 2pm

Max 8 per class book through Dave 07908 640693

**www.ladiestechnicalliftingclass.com
[@ladiestechnicallifting](https://www.instagram.com/ladiestechnicallifting)**

