



July / August 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.

13th July 2019

Squats @ 1pm
Metabolic Conditioning @ 2pm

20th July 2019

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

27th July 2019

**No
Class**

3rd August 2019

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

10th August 2019

**No
Class**

17th August 2019

Squats @ 1pm
Metabolic Conditioning @ 2pm

24th August 2019

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

31st August 2019

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

7th September 2019

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

14th September 2019

Squats @ 1pm
Metabolic Conditioning @ 2pm

Max 8 per class book through Dave 07908 640693

**www.ladiestechnicalliftingclass.com
@ladiestechnicallifting**

