

Saturday	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday
10:00 – 12:30 Welcome, Introduction and sign up. Open Gym available	08:30 Workout of the day		08:30 Workout of the day		08:30 Workout of the day		08:30 Open Gym		08:30 Workout of the day		08:30 Workout of the day
	09:30 Faith Rx'd Team Session		09:30 Faith Rx'd Team Session		09:30 Faith Rx'd Team Session		09:30 Faith Rx'd Team Session		09:30 Faith Rx'd Team Session		09:30 Faith Rx'd Team Session
	14:00 Open Gym	14:00 Private Training	14:00 Open Gym 14:00	14:00 Private Training	14:00 Open Gym	14:00 Private Training	Challenge Ministries 5/10K Fun Run	14:00 Open Gym	14:00 Workshop Exploring Opportunities for Ministry to the fitness community?	14:00 Workshop Exploring Opportunities for Ministry to the fitness community?	14:00 – 16:00 Decathalon – Set times in 10 exercises, 1 min duration for each. Have as many tries as you like. Can you top the leaderboard?
14:30 Private Training		14:30 Private Training		14:30 Private Training							
12:30-14:00 Faith Rx'd Devon Chapter Meeting (Take part in a full chapter – workout and study to see what they involve)	15:00 Workout of the day	15:00 Private Training	15:00 Workout of the day	15:00 Private Training	15:00 Workout of the day	15:00 Private Training					
		15:30 Private Training		15:30 Private Training			15:30 Private Training	15:30 Private Training			
	16:00 Open Gym	16:00 Private Training	16:00 Open Gym	16:00 Private Training	16:00 Open Gym	16:00 Private Training	16:00 Workout of the day	16:00 Private Training	16:00 Rowing Workshop 2	16:00 Private Training	17:00 Venue Closes
16:00 – 19:00 Welcome, Introduction and sign up. (Open Gym available)	16:30 Private Training	16:30 Private Training	16:30 Private Training	16:30 Private Training	16:30 Private Training	16:30 Private Training				16:30 Private Training	
	18:00 Workout of the day	18:00 Private Training	18:00 Workout of the day	18:00 Private Training	18:00 Workout of the day	18:00 Private Training	18:00 Workout of the day	18:00 Private Training	18:00 Private Training	18:00 Workout of the day	
18:30 PT Private Training		18:30 Private Training		18:30 Private Training		18:30 Private Training					18:30 Private Training



Fitness Factory Programme 2017

Guide to Booking Sessions:

- You need to complete a registration form prior to attending any session. Complete on line or in the venue.
- Everything is provided free of charge but we welcome donations to help cover the venue costs. (Bucket in the venue)

Open gym Sessions

There is no space limit but you may need to wait for some equipment if we are busy. Pre-booking not required.

Who For?

Any level of athlete, just come in and use the equipment. Our coaches will keep an eye on you and can provide you a workout.

Workshop

60 minutes long. No limit and no pre-booking required. If you want to consider how you can take your faith into a gym or how your church could then come along.

Faith Rx'd Team Session

When our volunteers, staff and supporters meet to train and pray. Invite only (Sorry)

Workout of the day sessions

These each have 12 places. You can pre-book 3 (max one per day).

Who for?

A group exercise programme. Great fun, supportive and suitable for all levels from first time to high-level athletes. Exercises are scaled to suit you.

Private Training Sessions

30 minutes long, 1 to 1 with a coach. You can pre-book 2 (max two per day).

Who For?

These sessions are specifically tailored for your needs and can cover specific exercises, diet, sleep mobility, injury recovery and general healthy living.

Decathlon

Test your fitness with our 10x1 course. 10 one minute challenges for all levels. No booking required. Just turn up and play. Have as many goes at each event as you like – can you top the leaderboard for one event or even all?

Rowing Workshops

12 places on each. Develop good rowing technique on the Concept 2000 rowers, with our specialist rowing coach. Many people can row – few can row well!

Faith Rx'd Devon Chapter

If you've heard about Faith Rx'd Chapters and always wondered what they do then come and find out for yourself.

Challenge Ministries Fun Run

With a 5k or 10k course you can do this charity challenge at a walk, a run or even with the kids. Register on the Challenge Ministries Stand in the Big Shed.