

JULY 1ST
THROUGH TO
SEPTEMBER 30TH



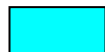
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0915-1000	BLT LEVEL 1-2			BUST YO' BOOTY LEVEL 1-2	CORE STABILITY LEVEL 2
AVAILABLE FOR PERSONAL TRAINING AND SPORTS MASSAGE CALL FOR FURTHER DETAILS AND BOOKINGS					
1800	COMBAT AEROBICS + AB BLAST LEVEL 2	SUPER CIRCUITS LEVEL 2-3	COMBAT AEROBICS + AB BLAST LEVEL 2-3	CORE STABILITY LEVEL 2	FIGHT NIGHT + SELF DEFENCE LEVEL 2-3
1815				THE CHALLENGE LEVEL 3	
1830					
1845					
1900	AVAILABLE FOR PT AND SPORTS MASSAGE	PT OR SPORTS MASSAGE	AVAILABLE FOR PT AND SPORTS MASSAGE	CORE STABILITY LEVEL 2	
1915					
1930					
1945					
2000					
2015					
2030					
2045					
			LEVEL 1 = FOR ALL LEVEL 2 = INTERMEDIATE LEVEL 3 = ADVANCED		



MUSCLE TONING & CONDITIONING



FAT BURNING & CARDIO BOOSTING



MIND & BODY, TONING & FLEXIBILITY

CLASS DESCRIPTIONS

B.L.T.

No, not the sandwich! But a class that targets the butt, legs and tums like no other. Lower body training at its finest.

BUST YO' BOOTY! (Aerobics)

*warning - may seriously tone, firm and shape your best ass-ets!

COMBAT AEROBICS

This non-contact workout encompassing kicks and punch combos for the ultimate in fat burning.

CORE STABILITY & ABS BLAST

A short, but effective session hitting the abs and core; hard!
Go Hard or Go Home!

SUPER CIRCUITS

Circuit training work stations designed to target all major muscle groups and keep your calories burning away.

FIGHT NIGHT!

Martial arts moves set to a pumping sound track to burn the calories and kick your blues away and butt into shape! Some pad work included with **self-defence coaching** to finish

BODY BLITZ - COMING SOON!

Using free weights and barbells for a complete body workout that's designed to tighten, tone and tremble everywhere!

STRETCH2TONE - COMING SOON!

Improve your flexibility; strengthen your body and chillout.

THE CHALLENGE

Says it all in the name! Mix it up, max it up and try not to throw up! Not for the faint hearted. SAQ and plyometric work.

TAI CHI FIT - COMING SOON!

Using this ancient eastern art of slow, rhythmical movements to gain co-ordination, breathing control, balance and peace of mind.

PRICES:

$\frac{1}{2}$ HOUR CLASS = £3.00

$\frac{3}{4}$ HOUR - 1 HOUR CLASS = £4.00

**PERSONAL TRAINING & SPORTS MASSAGE
AVAILABLE UPON REQUEST**