

Membership

VA	MON	TUES	WED	THUR	FRI	SAT	SUN
7.00AM	Total Body Tone	Power Punch	Kettlebells	Bootcamp	HIIT		
8.00AM	Yoga		Yoga		Pilates £10 per person		
9.00AM			Aqua	Aqua			DanceFit
9.30AM	Legs, Bums & Tums	Booty Shape	Circuit	30 Minute Arms	Body Conditioning	Circuit	Functional Fit
10.30AM	Pilates £10 per person					Power Punch	Total Body Tone
12.15PM		Getting Active			Get Active Circuit		
5.30PM	HIIT	HIIT	Total Body Tone	DanceFit	Legs, Bums & Tums	VA	
6.30PM	Circuit	DanceFit	30 Minute Abs	Power Punch	Kettlebells		
7.30PM	30 Minute Arms	Body Conditioning	Stretch & Mobility	Kettlebells			

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