

Membership

	MON	TUES	WED	THUR	FRI	SAT	SUN
7.00AM	Total Body Tone	Power Punch	Kettleballs	Bootcamp	HIIT		
8.00AM	Yoga		Yoga		Pilates £10 per person		
9.00AM			Aqua 45 mins	Aqua 45 mins			
9.30AM	Legs, Bums & Tums	30 Mins Arms			Body Conditioning	Circuit	Functional Fit
10.30AM	Pilates £10 per person		Circuit	30 Mins Arms		Power Punch	Total Body Tone
12.15PM							
5.30PM	HIIT	HIIT	Total Body Tone		Legs, Bums & Tums		
6.30PM	Circuit		Abs Blast	Power Punch	Functional Fit		
7.30PM		Body Conditioning					

BE YOUR BEST

start your commitment today...