

ELEVATE

FITNESS GYM

Membership

	MON	TUES	WED	THUR	FRI	SAT	SUN
8.00AM	Yoga		Yoga		Pilates £10 per person		
9.00AM	Booty Bootcamp Focusing on lower body building and toning	Sweat and Shred High intensity interval training	Box Fit Pad work and fitness 30 mins	Hydro Fit Aqua Class	Circuits Multi station workout		
10.30AM	Pilates £10 per person	Power and Sculpt High volume weight based					
12.15PM	Sweat and Shred High intensity interval training		Get Moving Low impact, full body, shake out				
6.00PM	Fitness Fusion A blend of strength and conditioning	Power and Sculpt High volume weight based	Mind Over Core Abdominal and midline targeting		Booty Bootcamp Focusing on lower body building and toning		
7.30PM	Box Fit Pad work and fitness 30 mins	Booty Bootcamp Focusing on lower body building and toning	Detox Mindfulness and Stretching				

BE YOUR BEST

start your commitment today...

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