



ELEVATE

FITNESS GYM

Membership

| VA | 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...

   /elevate_fitness.gym