



## SUNDAY COMBO!

April 2018

<b>Date</b>	<b>Teacher</b>	<b>Class</b>
1 <sup>st</sup> April	<b>Dominique</b>	<b><u>Dom Dom's Blast</u></b>
8 <sup>th</sup> April	<b>Naz</b>	<b><u>20/20/20</u></b>
15 <sup>th</sup> April	<b>Glen</b>	<b><u>Sculpt &amp; Tone</u></b>
22 <sup>nd</sup> April	<b>Sue</b>	<b><u>Brainfit</u></b>
29 <sup>th</sup> April	<b>Glen</b>	<b><u>Crossfit</u></b>

### **Brainfit**

A flowing conditioning workout designed to engage the mind, body and soul.

### **Dom Dom's Blast**

Weights, cardio, and toning - the ultimate all-round fitness challenge that is simple but very effective!

### **Sculpt & Tone**

Improve muscle tone and shape with this low impact toning class

### **Crossfit**

An express fat burn and tone class! Get the results you want – and fast!

### **20/20/20**

A great all-round workout with a mix of step, toning and floor work.