



SUNDAY COMBO!

February 2018

Date	Teacher	Class
4th February	Glen	<u>Sculpt & Tone</u>
11th February	Sue	<u>Brainfit</u>
18th February	Glen	<u>Crossfit</u>
25th February	Sue	<u>Brainfit</u>

Sculpt & Tone

Improve muscle tone and shape with this low impact toning class

Brainfit

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

Crossfit

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