



## **SUNDAY COMBO!**

**January 2018**

<b>Date</b>	<b>Teacher</b>	<b>Class</b>
<b>7th January</b>	<b>Glen</b>	<b><u>Sculpt &amp; Tone</u></b>
<b>14th January</b>	<b>Sue</b>	<b><u>Brainfit</u></b>
<b>21st January</b>	<b>Glen</b>	<b><u>Crossfit</u></b>
<b>28th January</b>	<b>Sue</b>	<b><u>Brainfit</u></b>

### **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!