



SUNDAY COMBO!

August 2018

Date	Teacher	Class
5 th August	Sue	<u>Brainfit</u>
12 th August	Sue	<u>Brainfit</u>
19 th August	Glen	<u>Sculpt & Tone</u>
26 th August	Glen	<u>CrossFit</u>

Brainfit

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

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!