



## SUNDAY COMBO!

August 2018

<b>Date</b>	<b>Teacher</b>	<b>Class</b>
5 <sup>th</sup> August	Sue	<u>Brainfit</u>
12 <sup>th</sup> August	Sue	<u>Brainfit</u>
19 <sup>th</sup> August	Glen	<u>Sculpt &amp; Tone</u>
26 <sup>th</sup> 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!