



SUNDAY COMBO!

January 2019

| Date | Teacher | 10am Class | 9.15am Group Cycle Teacher |
|--------------------------|-------------|---------------------------------|----------------------------|
| 6 th January | Glen | <u>Kettlebell Mix</u> | Glen |
| 13 th January | Sue | <u>Brainfit</u> | Adam |
| 20 th January | Glen | <u>Sculpt & Tone</u> | Glen |
| 27 th January | Sue | <u>Supreme</u> | Adam |

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

Kettlebell Mix

A combination of HIIT training drills with Kettle bells body weight cardio drills and core stability training.

Supreme

A challenging and intense interval programme but without the jumping & jogging; an achievable workout for all levels.