



SUNDAY COMBO!

March 2020

Date	Teacher	10am Class	9.15am Cycle
1 st March	Sue	<u>Fitness; Pilates</u>	Sue
8 th March	Sue	<u>Activation</u>	Sue
15 th March	Glen	<u>Kettle Bell Boot Camp</u>	Glen
22 nd March	Sue	<u>Supreme</u>	Sue

Kettle Bell Boot Camp

Strength, tone and cardio in one hit!

Supreme

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

Activation

A challenging toning and strength class using Activation bands to focus on glutes, thighs and abs.

Fitness; Pilates

A more functional approach to the traditional Pilates Class. Improve posture, mobility, joint problems and tone your body.