



SUNDAY COMBO!

November 2018

Date	Teacher	Class
4th November	Sue	<u>Brainfit</u>
11th November	Glen	<u>Kettlebell Mix</u>
18th November	Sue	<u>Supreme</u>
25th November	Glen	<u>Sculpt & Tone</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

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.