



SUNDAY COMBO!

October 2018

Date	Teacher	Class
7 th October	Chris	<u>Circuits</u>
14 th October	Glen	<u>Crossfit</u>
14 th October Bonus Class! 9am	Sue	<u>Brainfit</u>
21 st October	Sue	<u>Supreme</u>
28 th October	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

Crossfit

An express fat burn and tone class! Get the results you want – and fast!

Supreme

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

Circuits

Something for everyone with strength, toning, cardio and core workouts