



SUNDAY COMBO!

August 2021

Date	Teacher	8.45am-9.30am Class	9.30am Cycle
1 st August	Laura	HIIT	Laura
8 th August	Sue	<u>Activation</u>	Sue
15 th August	Laura	<u>HIIT</u>	Laura
22 nd August	Sue	<u>Fitness Pilates</u>	Sue
29 th August	Laura	<u>HIIT</u>	Laura

Activation

A 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 and tone your body.

HIIT

Cardio and Muscle Conditioning; a high intensity interval training class using body-weight exercises.