



## SUNDAY COMBO!

### December 2020

Date	Teacher	9am Class	10.00am Cycle
6 <sup>th</sup> December	<b>Sue</b>	<u><a href="#">Activation</a></u>	<b>Sue</b>
13 <sup>th</sup> December	<b>Carolyn</b>	<u><a href="#">LBT</a></u>	<b>Carolyn</b>
20 <sup>th</sup> December	<b>Sue</b>	<u><a href="#">Fitness; Pilates</a></u>	<b>Sue</b>
27 <sup>th</sup> December	<b>Carolyn</b>	<u><a href="#">Strong Nation</a></u>	<b>Carolyn</b>

#### [LBT](#)

Legs, bums and tums is back!! The ultimate toning and core stability class!

#### [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.

#### [Strong Nation](#)

Cardio and Muscle Conditioning; a HIIT class driven by the music.