



SUNDAY COMBO!

Date	Teacher	8.45am-9.30am Class	9.30am Cycle
1st May	Hannah	HIIT	Hannah
8th May	Sue	Fitness Pilates	Sue
15th May	Hannah	BOOTCAMP	Hannah
22nd May	Sue	Fitness Pilates	Sue
29th May	Hannah	HIIT	Hannah

May 2022

Boot Camp

A toning, cardio and strength class using weights and body-weight exercises

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.