



## May 2026 SUNDAY COMBO!

| Date                       | Teacher    | 9.45am – 10.30am       | 9am Group Cycle |
|----------------------------|------------|------------------------|-----------------|
| <b>3<sup>rd</sup> May</b>  | <b>Sue</b> | <b>Fitness Pilates</b> | <b>Sue</b>      |
| <b>10<sup>th</sup> May</b> | <b>Ria</b> | <b>Boot Camp</b>       | <b>Ria</b>      |
| <b>17<sup>th</sup> May</b> | <b>Sue</b> | <b>Fitness Pilates</b> | <b>Sue</b>      |
| <b>24<sup>th</sup> May</b> | <b>Ria</b> | <b>Boot Camp</b>       | <b>Ria</b>      |
| <b>31<sup>st</sup> May</b> | <b>Sue</b> | <b>Fitness Pilates</b> | <b>Sue</b>      |

### 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.