



SUNDAY COMBO!

May / June 2021

Date	Teacher	8.45am-9.30am Class	9.30am Cycle
23 rd May	Laura	HIIT	Laura
30 th May	Sue	<u>Activation</u>	Sue
6 th June	Laura	HIIT	Laura
13 th June	Sue	<u>Fitness; Pilates</u>	Sue
20 th June	Laura	HIIT	Laura
27 th June	Sue	<u>Activation</u>	Sue

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.