



SUNDAY COMBO!

November 2020

Date	Teacher	9am Class	10.15am Cycle
1 st November	Sue	<u>Fitness; Pilates</u>	Sue
8 th November	Sue	<u>Activation</u>	Sue
15 th November	Emily	<u>HIIT</u>	Emily
22 nd November	Sue	<u>Fitness; Pilates</u>	Sue
29 th November	Emily	<u>HIIT</u>	Emily

HIIT

A challenging, high intensity interval training class; strength, tone and cardio

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.