



November 2023 SUNDAY COMBO!

Date	Teacher	9.45am – 10.30am	9am Group Cycle
5 th November	Sue	Fitness Pilates	Sue
12 th November	Ria	HIIT	Ria
19 th November	Sue	Fitness Pilates	Sue
26 th November	Ria	Boot Camp	Ria

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.