



October 2024 SUNDAY COMBO!

Date	Teacher	9.45am – 10.30am	9am Group Cycle
6th October	Sue	Fitness Pilates	Sue
13th October	Ria	HIIT	Ria
20th October	Sue	Fitness Pilates	Sue
27th October	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.