



SUNDAY COMBO!

September 2020

Date	Teacher	9am Class	10.15am Cycle
6 th September	Nicky	<u>HIIT</u>	Nicky
13 th September	Sue	<u>Fitness; Pilates</u>	Sue
20 th September	Carolyn	<u>Strong by ZUMBA</u>	Carolyn
27 th September	Sue	<u>Supreme</u>	Sue

HIIT

Full-on strength, tone and cardio using body weight exercises!

Supreme

A challenging and intense interval programme but without the jumping & jogging; an achievable workout for all levels.

Fitness; Pilates

A more functional approach to the traditional Pilates Class. Improve posture, mobility, joint problems and tone your body.

Strong by ZUMBA

Combines body weight, muscle conditioning, cardio and plyometric training moves