

TIMETABLE
2015



To book:
Call: 0191 285 9888

Email:
gary@positivelifestyletraining.co.uk

Monday

Fitness Pilates	12.00pm	-	12.30pm
Cardio Fat Burn	12.30pm	-	1.00pm
Body Blast	2.00pm	-	3.00pm

Tuesday

Energise	7.15am	-	8.15am
Ultimate Challenge	7.00pm	-	8.00pm

Wednesday

Fit Fun + Flexible	9.30am	-	10.30am
Body Blast	2.00pm	-	3.00pm
Fitness Pilates	7.30pm	-	8.30pm

Thursday

Fitness Pilates	12.00pm	-	12.30pm
Cardio Fat Burn	12.30pm	-	1.00pm
HIIT Boxercise	6.15pm	-	7.15pm

Friday

Ultimate Challenge	6.25pm	-	7.25pm
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Saturday

Energise	8.50am	-	9.50am
Fitness Pilates	10.00am	-	11.00am

Sunday

Fit Fun + Flexible	9.30am	-	10.30am
Yoga	10.45am	-	11.45am

No membership or joining fees and classes from only £6!

Personal training available at home or in the studio (Initial offer £325 for 10 sessions)

Address:

2 Salters Road, Gosforth, NE3 1DJ.

www.positivelifestyletraining.co.uk