

Fitness Studio – Class Timetable (Last updated: May 2012)

Monday

Fitness Pilates	12.00pm	-	12.30pm
Cardio Fat Burn	12.30pm	-	1.00pm
Body Blast	2.00pm	-	3.00pm
Energising Pilates	6.15pm	-	7.15pm

Tuesday

Energise	7.15am	-	8.15am
Cardio Fat Burn	12.00pm	-	12.30pm
Boxercise	12.30pm	-	1.00pm
Bootcamp**	6.00pm	-	6.45pm
Ultimate Challenge	7.00pm	-	8.00pm

Wednesday

Abs, Bums & Tums	9.30am	-	10.30am
Fitness Pilates	12.00pm	-	12.30pm
Kettle Tone	12.30pm	-	1.00pm
Body Blast	2.00pm	-	3.00pm
Energising Pilates	6.00pm	-	7.00pm
Fitness Pilates	7.30pm	-	8.30pm

Thursday

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

Friday

Cardio Fat Burn	12.00pm	-	12.30pm
Boxercise	12.30pm	-	1.00pm
Body Blast	2.00pm	-	3.00pm
Ultimate Challenge	6.25pm	-	7.25pm

Saturday

Energise	8.50am	-	9.50am
Bootcamp**	9.30am	-	10.15am
Fitness Pilates	10.00am	-	11.00am

Sunday

Keep Fit	9.30am	-	10.30am
Power Yoga	10.45am	-	11.45am

** Great Park Only

No membership or joining fees

Classes from only £5 (1/2hr) and £6 (1hr)!

First class? Ask for a free trial!

Telephone 0191 2859888 for bookings

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Web www.positivelifestyletraining.co.uk