




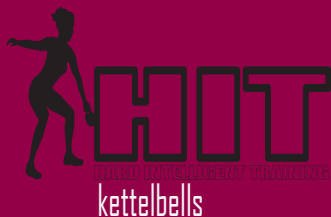


Group Fitness Timetable May



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15 AM	Get Active Circuit	Get Active-Workout	ARMS,ABS, FAT BLASTER	Get Active Workout	BOOTCAMP		
10.00 AM						GET ACTIVE- Hour of Power	PUMP AND TONE
5.30 PM		PUMP AND TONE		PUMP AND TONE			
5.45 PM							Cycle Class
6.00 PM	Box and Tone				Get Active ABS/Back		
6.00 PM	PILATES - Beginners		Pilates - Begin/Iter.				
6.30pm	Indoor cycle			YOGA Beginners			
6.45pm	Pilates - Begin/Inter						

IMPORTANT INFORMATION



ITS on ! Hard Intelligent Training kettlebells !

Limited places ,every week 5.45p,m Wednesdays

STRONG IS THE NEW SKINNY !!

