

**Tuesday**  
**6.50 – 7.35**

# **FIERCE FEMALE CIRCUITS WITH CAT**



**Intensity level 7 – 9**



**This class seems to evolved to only include TOUGH gals and that is fine by us! Having said this we can adapt and accommodate you but this is NOT for beginners or the unconditioned as we take no prisoners! Give this a try to super boost you!**

**LADS WELCOME!**

**(if you can handle it!!) 😊**