

# Thursdays 6.50 – 7.35 p.m

## Body Shock includes KB's

Intensity 7 - 9

Get to BODY SHOCK and you'll find yourself in another zone! +Now we've added in Kettlebells in for the ultimate workout!

Using steps, boxing, resistance bands, mats, body bars, and anything else Cat's in the mood for – you'll be JARRED into submission! The very best of body conditioning ..

ON SPEED! Zero choreography so you can get straight into the groove and just enjoy getting FIT.. FAST!!

**WE SPOIL YOU!!**

