

Thursdays
9.15-10 a.m

FREE WEIGHTS BLITZ!



INTENSITY: 7 -9/10

Suitable for everyone as you select the weights! This class has been on our timetable since we moved to the new site and is a classic. Everyone should do weights, for toned muscles, fat incineration and generally getting stronger!

MELT BODY FAT WITH CAT!!

Thursdays
10 – 10.30

REST BASED TRAINING!

Intensity level 8 - 10



Haha, you wish! A brilliant session and as hard as you want it to be as again, - you select the weights. The idea though, is that you work to fatigue then stop. Listen to your body not me!

