

Mondays 9 - 10

Explode into your week with
this popular class!!



CLOCKWORK CARNAGE!!!



***SYNCHRONISE
YOUR WATCHES
FOR THIS GREAT
CIRCUITS
SHOW! SPLIT
YOUR GYM
ROUTINE WITH
THIS CIRCLE OF
FUN!!***

Suitable for all

***HONESTLY - REALLY GOOD TO DO
AND MULTI LEVELLED! UP YOUR
GAME! THIS WILL RELIEVE ENNUI!***