

**MONDAY**  
**6.30 – 7.15**

**GYM CIRCUITS**  
**Inc RBT**  
**With CHERYL Boss!**



**Intensity level 7 – 9 (at times!)**



We LOVE gym circuits as it shows us what a intensity levels we could be reaching in the gym on our own but there is nothing like a little push from each other! You'll be working hard but only for short bursts. RBT to finish – you'll love this! NB – This is a client-incentive session – simply join in! Join us for the RBT class with Cat to finish if you like!