

**Friday  
10 – 10.30**

**REST BASED  
TRAINING**  
Intensity level 8 - 10



**A brilliant session and as hard as you want it to be – as you select the weights. The idea is though, that you 'work until you can't, then rest until you can'! Listen to your body, not Cat! Perfectly placed between the Pilates sessions this is a busy class and we all adore it. You'll feel your strength progress in leaps and bounds which can only mean one thing-you'll be burning fat, getting strong and looking fantastic in no time!**