



BOOK NOW OR CALL IN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>MUMBA DANCE 18.00-19.00 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>BODY SCULPT 18.00-19.00 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>PILATES 12.15-13.15 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>PILATES 18.00-19.00 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>KETTLE-MIX 18.00-19.00 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>CARDIO BLAST 9.00-10.00 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>CHECK OUR BLOGS & SPECIAL OFFERS FOR MORE INFORMATION ON SUNDAY CLASSES & COURSES</p>
<p>MUMBA DANCE Combining dance & fitness from around the world. Such an effective work-out-yet so much fun.</p>	<p>BODY SCULPT Effective toning methods to achieve sculpted physiques.</p>	<p>PILATES One of the best ways of training mind and body effectively for life fitness. Learn classic and modern repertoire to lengthen & strengthen inside & out.</p>	<p>PILATES One of the best ways of training mind and body effectively for life fitness. Learn classic and modern repertoire to lengthen & strengthen inside & out.</p>	<p>KETTLE-MIX Burn calories long after this workout. Kettle bells, Bulgarian bags, weighted bars, medicine balls and so much more. The best strength work-out.</p>	<p>CARDIO BLAST Total body workout. Functional , cardio & strength training to challenge mind & body fitness. Wake-up, Get-fit!</p>	
<p>MAX STRENGTH 19.15-20.15 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>PILATES & BEYOND 19.15-20.15 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>X-COMBAT 18.00-19.00 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>MAX BLAST 19.15-20.15 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>PILATES 19.30-20.30 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>PILATES 10.30-11.30 Serenity Studio</p> <p>BEYOND BASICS</p>	
<p>MAX STRENGTH Total body work-out. Weighted movement, plyometric and circuit training tones & strengthens</p>	<p>PILATES & BEYOND Train like an athlete. Modern & classical Pilates repertoires challenge your core and total body. Perfecting each movement at a faster pace.</p>	<p>BEACH BODY 19.30-20.30 Serenity Studio</p> <p>BEYOND BASICS</p>	<p>MAX BLAST A higher intensity training class packed with cardio moves & drills. Circuit training & class routines.</p>	<p>PILATES Taking Pilates training & techniques further every week. Expanding knowledge and ability. Pushing the boundaries.</p>	<p>PILATES One of the best ways of training mind and body effectively for life fitness. Learn classic and modern repertoire to lengthen & strengthen inside & out.</p>	<p> All Levels Improvers Intermediate/Advanced </p>
		<p>X-COMBAT Kick, Jab and Box effective body sculpting routines and combinations.</p> <p>BEACH BODY Making bodies fit for the beach. Sculpt, tone and define every inch.</p>			<p>CALL: 01132 874007</p>	