



TIMETABLE

MON

9:30am - 10:30am
BOXFIT

5:30pm - 6:00pm
STEP AEROBICS

6:00pm - 6:30pm
CORE/ABS
STRENGTH SESSION

6:30pm - 7:15pm
BOXERCISE

TUES

6:00am - 6:40am
STRENGTH TRAINING

9:30am - 10:30am
UPPER BODY
SCULPT & TONE

5:45pm - 6:15pm
SIZZLIN' CIRCUIT

6:30pm - 7:15pm
BOOTY
LIFT, TIGHTEN & TONE

WED

9:30am - 10:30am
LEGS & BOOTY
STRENGTH TRAINING

5:45pm - 6:15pm
CORE / ABS
STRENGTH SESSION

6:15pm - 7:00pm
STRENGTH TRAINING

THURS

6:00am - 6:40am
STRENGTH TRAINING

9:30am to 10:15am
SIZZLIN' CIRCUITS

6:00pm - 7:00pm
BOXFIT

6:00pm - 6:50pm
PILATES WITH JESS
14TH AUG, 4TH SEPT, 2ND OCT, 23RD OCT

FRI

9:30am - 10:30am
BOXFIT

5:45pm - 6:15pm
5000 STEPS

6:15pm - 6:45pm
LEGS & BOOTY
OR...

5:45pm - 6:15pm
DANCERCISE

6:15pm - 7:00pm
UPPER BODY

SAT

8:15am - 9:00pm
SIZZLIN' CIRCUITS

9:00am - 9:30am
CORE/ABS
STRENGTH SESSION

SUN

9:30am - 10:15am
STRENGTH TRAINING

PT SESSIONS

121 - 45 mins £30

2 Sharing (60 mins)
£20 each

3-4 Small group
training (60 mins)
£15 each



DOWNLOAD OUR APP TO BOOK YOUR FIRST SESSION
FREE USING THE CODE "GUEST"

LEARNING LANE, TEESVILLE, NORMANBY, MIDDLESBROUGH TS6 0DD