

CLASSES THIS WEEK

monday

body blaze



BOOTY ABS ARMS

9.30am
The Therapy Barn

body blitz



POWER HOUR

7.30pm
The Therapy Barn

tuesday

fit CAMP



bootcamp

9.15am
Handcross

body burn



HIIT IT!

1pm
The Therapy Barn

bell blast



kettlebells

6.30pm
Hammerwood Hall

wednesday

body blitz



POWER HOUR

6.30pm AND 7.30pm
The Therapy Barn

NEW

thursday

bell blast



kettlebells

6.30pm
Hammerwood Hall

friday

fit CAMP



bootcamp

9.15am
Handcross

saturday

fit CAMP



bootcamp

8.30am
Handcross