

MONDAY PONT TONING & POYEDGISS

BODY TONING & BOXERCISE

TUESDAY

BODY PUMP & FOOTBALL

WEDNESDAY

LEGS, BUMS AND TUMS & BODY TONING

THURSDAY

PILATES & BODY CONDITIONING



Morning classes 9.45 to 10.45

Evening classes
5pm to 6pm



SCAN FOR MORE INFO!