

**THIS TIMETABLE IS EFFECTIVE FROM 1st JUNE 2010**

<b>Morning</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
7.15am-8.15am		Energise					
9.00am-10.00am		Mums', Buggies & Babies (9.15am @ Great Park)				Energise (9am) & Great Park Boot Camp (9.30am)	
9.30am-10.30am	Body Tone		Stretch & Tone			Fitness Pilates (10am)	Keep Fit
11.00am – 12.00pm						Salsacise	
<b>Lunchtime Express</b>							
12.00pm-12.30pm			Fitness Pilates	Toning Hour (12pm)	Spin Cardio Abs		
12.30pm-1.00pm	Fitness Pilates	Spin Cardio	Boxercise		Boxercise		
1.00pm-1.30pm	Spin Cardio	Boxercise					
<b>Afternoon</b>							
2.00pm-3.00pm	Body Tone		Body Tone		Body Tone		
4.15pm – 5.15pm		Kids Gym (4.30pm)					
<b>Evening</b>							
5.25pm – 6.25pm	Female Circuits (6.15pm)	Great Park Boot Camp (6pm)	Toning Hour (6pm)				
6.25pm-7.25pm		7.00pm Ultimate Challenge	Running Club (7.10pm)	Boxercise/Fitness (6.15 start)	Ultimate Challenge		
7.30pm-8.30pm			Fitness Pilates	Salsacise (7.15pm)			
<b>Costs</b>	There are no membership or joining fees, only one fixed price of £8.00 per hour class (lunchtime express classes, lasting ½ hour are £5.00)						
<b>Personal Training</b>	We can offer Personal training sessions for an individual or up to 3 people, either at the studio or at a venue of your choice, The cost of a personal training session at the studio is £40.00, for costs of sessions at other venues please contact Wayne on 07974 322 735 or 0191 2859888						

Telephone: 0191 2859888 for bookings or any other queries

E. Mail address [info@positivelifestyletraining.co.uk](mailto:info@positivelifestyletraining.co.uk)

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