

THIS TIMETABLE IS EFFECTIVE FROM MARCH 4TH 2010

MORNING	MON	TUES	WED	THUR	FRI	SAT	SUN
7.15am-8.15am		ENERGISE					
9.00am-10.00am						ENERGISE	
9.30am-10.30am	BODY TONE		STRETCH & TONE			10.00am FITNESS PILATES	KEEP FIT
11.00am-12.00pm							
LUNCHTIME EXPRESS							
12.00pm-12.30pm			FITNESS PILATES		SPIN CARDIO ABS		
12.30pm-1.00pm	FITNESS PILATES	SPIN CARDIO	BOXERCISE		BOXERCISE		
1.00pm-1.30pm	SPIN CARDIO	BOXERCISE					
AFTERNOON							
2.00pm-3.00pm	BODY TONE		BODY TONE		BODY TONE		
4.15pm-5.15pm		KIDS GYM (4.30pm)					
EVENING							
5.25pm-6.25pm	FEMALE CIRCUITS (6.15)						
6.25pm-7.25pm		ULTIMATE CHALLENGE (7.00)		BOXERCISE FITNESS(6.15)	ULTIMATE CHALLENGE		
7.30pm-8.30pm			FITNESS PILATES	SALSACISE (7.15)			
COSTS	There are no membership or joining fees, only one fixed price of £8.00 per hour class (Lunchtime express classes lasting ½ hour cost £5.00)						
PERSONAL TRAINING	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, i.e. home etc 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 Reception at 0191 285 9888						
TELEPHONE	0191 285 9888 FOR BOOKINGS OR ANY OTHER QUERIES						
E MAIL ADDRESS	info@positivelifestyletraining.co.uk		WEB ADDRESS: www.positivelifestyletraining.co.uk				

