

**THIS TIMETABLE IS EFFECTIVE FROM 9th July 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					
9am – 10am						Energise	
9.30am-10.30am	Body Tone	915 – Mums and Buggies (Great Pk)	Stretch & Tone			10.00am Fitness Pilates	Keep Fit
11.00am – 12.00pm						930 -Bootcamp (Great Park)	
<b>Lunchtime Express</b>							
12.00pm-12.30pm		Spin Cardio	Fitness Pilates	12 – 1 The Toning Hour	Spin Cardio Abs		
12.30pm-1.00pm	Fitness Pilates	Boxercise	Boxercise		Boxercise		
1.00pm-1.30pm	Spin Cardio						
<b>Afternoon</b>							
2.00pm-3.00pm		1pm – 4pm Kids Summer Camp		Ponteland Bootcamp including Kids 1-3pm			
<b>Evening</b>							
5.25pm – 6.25pm	Female only Circuits (6.15 start)	6pm Bootcamp (Great Park)	6pm Female only Circuits				
6.25pm-7.25pm		7.00pm Ultimate Challenge	710pm The Running Club	Boxercise/Fitness (6.15 start)	Ultimate Challenge		
7.30pm-8.30pm			Fitness Pilates	Salsacise (7.15 start)			
<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 Reception on 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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