

☐ = No Class

		Jul	August					Sept	
Monday	Time	25	1	8	15	22	29	5	12
Boogie Fit	6.30-7.15						BH		
The Middle Bit	7.15-7.45						BH		
Cardio Dance	7.45-8.30						BH		
Tuesday		26	2	9	16	23	30	6	13
Beach Body Workout	7.00-8.00								
Body Blitz	6.30-7.30								
Dance Fit Hi-Lo	7.30-8.30								
Thursday		28	4	11	18	25	1	8	15
C' Stretch	6.15-7.25								
Dancespiration	7.30-8.30								
Friday		29	5	12	19	26	2	9	16
Beach Body Workout	6.30-7.15								



SUMMER 2016 BOOKING CONFIRMATION

Thank you for your booking - please keep a copy for your records.

Name _____ Mobile _____ Total Classes: ____

Total fee @£6.50 per session when paid in advance (£7.50 on the door)

Cash ☐ Cheque (to UK Fitness Academy Ltd) ☐ Voucher (only in advance) ☐

Bank Transfer: Sort Code 09-01-28. Acc/No. 04284324, UK Fitness Academy Ltd. ☐

(Please reference your name and SB and message us when done)

£ _____ Paid

- Regular timetable is running to the end of July
- Tuesday nights will change to Beach Body Workout from 2nd August
- New Tuesday Night format from 20th September
- Full Timetable resumes week commencing 19th September

New Friday Course 'The Late Summer Workout'

'Stay in shape for that last little bit of summer fun' runs 16th, 23rd, 30th September

New Tuesday Timetable From 20/9/16

6.30-7.15pm HIIT

High Intensity Interval Training

7.15-7.45 Core Power*

Abs and backs

7.45 DYBO Dance Fit

Dance yourself Fit and Fabulous

* £3.50 or FOC if you attend HIIT or Cardio Dance

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