



The Perfect Summer Solution

Part 1 - HIIT Training - short bursts of high intensity activity interspersed with easy recovery, a time efficient calorie blaster.



Part 2 - Creative Core - exercises from my multi-discipline approach to core training for Abs, backs and more!



Part 3 - Release, Relax and Stretch - restore optimal movement, release tension, relax and prepare for the weekend



3 in 1 class perfect for the summer

Venue: All Hallows School, Farnham, GU9 9HF

Day: Fridays 8, 15, 22, 29 September 2017

Time: 6.30pm – 7.15pm

4 week course for only £24

*or £6.50 per class when booked in advance or £7.50 on the door
voucher credits can be used in advance. Included in monthly membership*

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Reach
for your potential