

CLASS TIMETABLE

SPRING 2019

PAY AS YOU GO AVAILABLE

MONDAY	Boogie Fit 18.30 – 19.15	Free* The Middle Bit 19.15 – 19.45	Cardio Dance 19.45 – 20.30
	Beginners/Returners	All	Intermediate/Advanced
TUESDAY	HIIT 18.30 – 19.15	Free* Core Power 19.15 – 19.45	Dance Fit 19.45 – 20.30
	All	All	Intermediate/Advanced
WEDNESDAY	Ski Fit ★ 18.30 – 19.15 16 January to 20 February		Barre Fit 19.30 – 20.30
	All		All
THURSDAY	Contemporary Stretch 18.15 – 19.25		Dancespiration 19.30 – 20.30
	All		Intermediate/Advanced
FRIDAY	Freestyle Fitness Yoga ★ 18.30 – 19.15	★ Courses Include • And What To Do With Them • Beach Body Workout and Late Summer Workout • Freestyle Fitness Yoga	
		• Power Step and Power Step Combo • Ski Fit Workshops include 'The Grid', Abs, Pelvic Floor and much more	

All Hallows School, Farnham, GU9 9HF

01252 621280

www.dybo.co.uk

info@dybo.co.uk

We are a dedicated and highly qualified team of dance and fitness professionals
Offering a range of creative and effective fitness classes

* Free when you attend Boogie Fit or Cardio Dance

* Free when you attend HIIT or Dance Fit

★ Course

