

SUMMER TIMETABLE

You Decide!

Using the table below, please **tick** your choices for the classes you are intending to participate in during the Summer season. *No payment is required yet. Once the schedule is finalised, we will request your booking and payment in advance.* Bookings are only confirmed with accompanying payment and are non-transferable or refundable. Classes with insufficient bookings will be cancelled. Only the BLOCK BOOKING SYSTEM will operate during this period. Pay As You Go class fee is £7.50 per class. Voucher credits can be used in advance only.

Please return by Friday 19th July 2018.

		JUL	AUGUST				SEPT	
Monday		29	5	12	19	26	2	9
Boogie Fit	6.30-7.15					BH		
The Middle Bit	7.15-7.45					BH		
Cardio Dance	7.45-8.30					BH		
Tuesday		30	6	13	20	27	3	10
Body Blitz	6.30-7.15							
Core Power	7.15-7.45							
Dance Fit Hi-Lo	7.45-8.30							
Wednesday		31	7	14	21	28	4	11
Old Skool Step	6.30-7.15							
Barre Fit	7.30-8.30							
Thursday		1	8	15	22	29	5	12
Contemporary Stretch	6.15-7.25							
Dancespiration	7.30-8.30							
Friday		2	9	16	23	30	6	13
Summer Fitness Yoga	6.30-7.15							

Would you be interested in small group sessions (3-6 people) as an alternative to your selected classes if low numbers? (Please tick) ☐

Name _____

Phone no _____ Mobile No _____

Email _____

Thank you x