

CLASS TIMETABLE

AUTUMN 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	OLD SKOOL Step ★ 18.30 – 19.15		Barre Fit 19.30 – 20.30
			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 • Big Balls 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

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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 HITT or Dance Fit

★Course

