

	Morning	Morning	Afternoon	Evening	Evening	Evening
Monday	<b>LBT Boxercise 50/50 10am</b>			Abs & Back 6pm	<b>Kettlecise 6:30pm</b>	
Tuesday	Kettlecise 11am			Abs & Back 5:30pm	<b>Boxercise 6pm</b>	
Wednesday	<b>LBT Boxercise 50/50 10am</b>			Abs & Back 6pm	<b>Kettlecise 6:30pm</b>	
Thursday	Kettlecise 11am			Abs & Back 5:30pm	<b>Boxercise 6pm</b>	
Friday				Abs & Back 6pm	<b>Sweat &amp; Burn 6:30pm</b>	
Saturday	Body Blast Circuit 9am					
Sunday						



Booking Line 01698 425727  
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