

FREE FITNESS

F I E S T A



SAT 1ST APRIL 08:30-15:00
MEMBERSHIP OFFERS ON THE DAY



The
CIRCLE
MIND BODY NUTRITION

**JOIN US FOR FREE
CLASSES OR JUST COME
AND TAKE A LOOK**

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TIME	CLASS	STUDIO
08:45 - 09:30	VIBE CYCLE	2
08:45 - 09:15	REBOUND UK TASTER	1
09:20 - 09:50	LES MILLS CXWORX 26	1
09:55 - 10:40	LES MILLS BODYATTACK 96	5
10:30 - 11:00	VIBE CYCLE TASTER	2
10:45 - 11:30	LES MILLS BODYPUMP 101	1
11:00 - 11:30	HATHA YOGA TASTER	3
11:15 - 12:00	FLOWETICS DANCE LAUNCH	5
11:30 - 12:00	SPIN TASTER	2
11:45 - 12:30	LES MILLS BODYCOMBAT 71	1
12:00 - 12:30	TEMPO KIDO MEDITATION TASTER	3
12:15 - 12:45	AERIAL YOGA TASTER	5
12:15 - 12:45	ADULT TAP TASTER	ARTS
12:45 - 13:15	AERIAL YOGA TASTER	5
12:50 - 13:20	HATHA YOGA TASTER	3
12:45 - 13:20	LES MILLS BODYBALANCE 76	1
13:15 - 13:45	AERIAL YOGA TASTER	5
13:25 - 13:55	TEMPO KIDO MEDITATION TASTER	3
13:45 - 14:15	AERIAL YOGA TASTER	5
13:35 - 14:10	REBOUND UK TASTER	1
14:00 - 14:30	SPIN H.I.T TASTER	2
14:15 - 14:45	AERIAL YOGA TASTER	5

TO BOOK YOUR PLACE
CALL 01273 911 331 OR EMAIL
RECEPTION@THECIRCLESTUDIOS.COM

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