

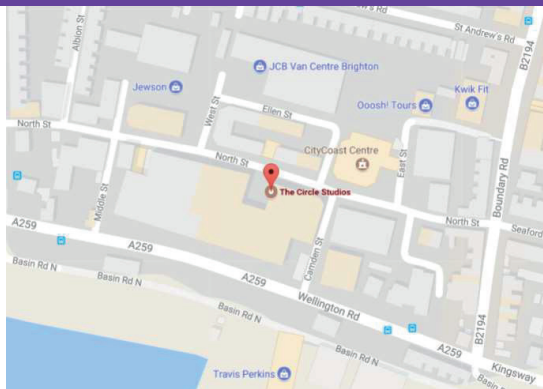
OPEN DAY!



Saturday 30th September

- ✓ **FREE trial classes for non-members and members – available online, via phone, email or drop-in to book and guarantee your space.**
- ✓ **Amazing NEW Aerial Circus Fit classes!**
- ✓ **Latest Les Mills launches!**
- ✓ **JOIN online or at The Circle Studios.**
- ✓ **Excellent changing facilities.**
- ✓ **Exclusive Open Day offers!**

The Circle Studios
55 North Street, Portslade, BN41 1DH
Tel: 01273 911 331
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www.thecirclestudios.com





**OPEN
DAY!**

The
CIRCLE

**Saturday
30th
September**

STUDIOS

Come and try these amazing classes...for FREE!

| Time | Class | Studio |
|---------------|--------------------------|--------|
| 08:15 - 09:00 | Les Mills BODYCOMBAT 73 | 1 |
| 08:45 - 09:30 | Spin | 2 |
| 08:45 - 09:15 | Rebound UK taster | 5 |
| 09:00 - 09:30 | Zumba Strong taster | AC |
| 09:10 - 09:40 | Les Mills CX WORX 28 | 1 |
| 09:30 - 10:00 | Aerial Yoga taster | 5 |
| 09:35 - 10:05 | Zumba | AC |
| 09:45 - 10:30 | Les Mills BODYATTACK 98 | 1 |
| 10:10 - 10:40 | Aerial Yoga taster | 5 |
| 10:15 - 10:45 | Dance Fit | AC |
| 10:45 - 11:30 | Les Mills BODYPUMP 103 | 1 |
| 10:50 - 11:20 | Latin Fit | AC |
| 11:00 - 11:30 | Aerial Circus Fit taster | 5 |
| 11:00 - 11:30 | Yoga taster | 3 |
| 11:45 - 12:30 | Les Mills BODYBALANCE 78 | 1 |
| 11:35 - 12:05 | Yoga taster | 3 |
| 11:40 - 12:10 | Aerial Circus Fit taster | 5 |
| 12:15 - 12:45 | Pilates taster | 3 |
| 12:20 - 12:50 | Aerial Circus Fit taster | 5 |
| 13:00 - 13:30 | Aerial Circus Fit taster | 5 |