

ENJOY

FITNESS STUDIO

MONDAY		
08.45 - 09.45	BOOTCAMP - Metcon	Katie
17.30 - 18.15	TRX	Katie
TUESDAY		
08.45 - 09.45	BOOTCAMP – Tabata	Katie
09.15 - 10.15	Pilates	Jacqui
19.00 - 19.45	Tabata	Jess
WEDNESDAY		
08.45 - 09.45	BOOTCAMP – On the Minute	Katie
18.00 - 18.45	TRX	Mark
19.30 - 20.15	Mobility	Matt
THURSDAY		
08.45 - 09.45	BOOTCAMP – TRX	Katie
18.00 - 19.00	Running Club	Mark
FRIDAY		
08.45 - 09.45	BOOTCAMP – Freestyle	Katie
SUNDAY		
11.00 - 11.45	Mobility	Matt

PRICES

£7 FOR 1 CLASS

£60 FOR 10 CLASSES

£49 FOR A MONTHS UNLIMITED CLASSES

Bootcamp classes are held outside at Osborne Road Rec, Warsash.

All other classes are held at Enjoy Fitness Studio, Warsash.