

NutritiousWorks Timetable 2018 (January 5th - March 24th incl)

UNLIMITED ADULT CLASS MEMBERSHIP FOR £40

01491 877205 / nutritiousworks@gmail.com / www.nutritiousworks.com

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--|---|---|---|---|---|
| 7am | | 630-715am Cardio Tone – Expert Fitness | | 630-715am Retro HIIT - Expert Fitness | 630-725am Pilates - Expert Fitness | 8-9am Becky's BEACHBODY Bootcamp - BH Park |
| 8am | | | | | | 9 - 10am BIKINI BoxFit - BH Park |
| 9am | 930-1030am Cardio Barre - HAODS Studio | | 9-10am SKI FIT Bootcamp - BH PARK | | 9-10am The BF Bootcamp - BH PARK | |
| 10am | | 10 - 1045am ZUMBA LITE - HAODS Studio | 955-1055am Advanced 'but leisurely' Tap - HAODS Studio | 955-1055am Adult Ballet - HAODS Studio | 1030- 11.15am Summer Bodies BoxFit – Expert Fitness | |
| 11am | | | 11am -12pm Intermediate Tap - HAODS Studio | 11-1145am ZUMBA LITE- HAODS Studio | | |
| 12pm | | | | | | |
| 1pm | | | | | | |
| 2pm | | | | | | |
| 3pm | | | | | | |
| 4pm | | | | | | |
| 5pm | 515-615pm Beg/Imp Adult tap – HAODS Studio | | | | | |
| 6pm | 630-730pm Advanced Adult Tap - HAODS Studio | | 7-745pm Line Dancing – HAODS Studio | | | |
| 7pm | 730-8pm Spring HIIT – Expert Fitness | 745-845pm Adult Ballet – No Limits | 730 – 815pm Kettlercise – Expert Fitness | 645-730pm Adult Jazz - HAODS Studio | | |
| 8pm | 8-845pm Fat Burning body workout with Weights 845-9pm power stretch | | | 745-845pm ZUMBA Step with Cara – No Limits | | |

If you would like to join the 8 week weight loss course starting Monday 8th January 930am or 630pm in Henley please email Emma-Jane nutritiousworks@gmail.com. The course is £60 for 8 weeks, a great way to re-focus and grab the reins in January – February 2018.

Ab Challenge starts 1st February – 28th February 2018, £30 per person. Online support, daily exercises, diet sheets, daily tips on how to look after yourself the healthy way and energy balance.