

NutritiousWorks Timetable 2018 (April 9th - July 28th incl)

UNLIMITED ADULT CLASS MEMBERSHIP FOR £40

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am		615 – 7am Summer Burn – Expert Fitness Cara		630-715am Fat Burn Mix - Expert Fitness EJ	630-725am Pilates - Expert Fitness Flick	8-9am Beach Body Bootcamp - BH Park Izzy
8am						9-10am Summer Bodies Boxfit BH Park Izzy
9am	930-1030am Pilates - HAODS Studio Flick		9-10am Summer Tone Bootcamp - BH PARK Wayne		9-10am The BF Bootcamp - BH PARK EJ	
10am		10 - 1045am ZUMBA LITE - HAODS Studio Jo	955-1055am Advanced 'but leisurely' Tap - HAODS Studio Ann	955-1055am Adult Ballet - HAODS Studio Ann	1030- 11.15am BoxFit – Expert Fitness, EJ	
11am	11-1145am Line Dancing – HAODS Studio Jennamarie	1045- 1130am ZUMBA LITE – HAODS Studio, Jo	11am -12pm Intermediate Tap - HAODS Studio Ann	11-1145am ZUMBA LITE- HAODS Studio, Jo		
12pm						
1pm						
2pm						
3pm						
4pm						
5pm	515-615pm Beg/Imp Adult tap – HAODS Studio Ann					
6pm	630-730pm Advanced Adult Tap - HAODS Studio Ann					
7pm	730-830pm Summer Shredder – Expert Fitness Ushi	745-845pm Adult Ballet – No Limits Jennamarie	730 – 830pm Kettlercise/Core – Expert Fitness Zahara	645-730pm Adult Jazz - HAODS Studio Ann		
8pm				745-845pm ZUMBA – No Limits Cara		

If you would like to join our 12 week weight loss course starting Monday 7th January 2019 at 930am or 630pm in Henley please email Emma-Jane nutritiousworks@gmail.com. The course is a great way to re-focus and grab the reins in The New Year 2019, £90 for 12 weeks. The 2019 Ab Challenge starts 1st February – 28th February, £40 per person. Online support, daily exercises, diet sheets, daily tips on how to look after yourself the healthy way and energy balance. This course is home based and online.