

NutritiousWorks Timetable 2019 (April 22nd – July 27th)

UNLIMITED ADULT CLASS MEMBERSHIP £40 PER MONTH

Or Early Bird £440 before 31st Dec 2018 or £420 before 16th Dec 2018.

FREE WEEK TRIALS. Contact 01491 877205 / nutritiousworks@gmail.com / www.nutritiousworks.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am		615 – 7am Summer HIIT – Expert Fitness Cara		630-715am Mix HI'T' up - Expert Fitness EJ	630-725am Pilates - Expert Fitness Flick	8-9am Beach Body Bootcamp - BH Park Izzy
8am						
9am	930-1030am Pilates - HAODS Studio Flick		9-10am Bootieblast Bootcamp - BH PARK Wayne		9-10am Summer Booties 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 Boxpump- Expert Fitness Ushi	
11am	11-1145am Line Dancing – HAODS Studio PLEASE CHECK THIS CLASS IS ON BEFORE TURNING UP	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		630-730pm Adult Jazz - HAODS Studio Cara			
7pm	730-815pm HIIT Conditioning – Expert Fitness Wayne	745-845pm Adult Ballet – No Limits Caitlin	745 – 830pm Summer circuits– Expert Fitness Cara			
8pm				730-830pm ZUMBA – No Limits Cara		

Our monthly membership offers everyone the perfect balance of activity. Together with our 8 week Nutrition & Weight Management course, NutritiousWorks continues to focus on their community, making things happen.

If you would like a trial, please contact nutritiousworks@gmail.com for your FREE trial.