



July 2026

SUNDAY COMBO!

Date	Teacher	9.45am – 10.30am	9am Group Cycle
5th July	Ria	Boot Camp	Ria
12th July	Sue	Fitness Pilates	Sue
19th July	Ria	Boot Camp	Ria
26th July	Sue	Fitness Pilates	Sue

Boot Camp

A toning, cardio and strength class using weights and body-weight exercises

Fitness Pilates

A more functional approach to the traditional Pilates Class. Improve posture, mobility and tone your body.