



## June 2026

# SUNDAY COMBO!

Date	Teacher	9.45am – 10.30am	9am Group Cycle
<b>7<sup>th</sup> June</b>	<b>Ria</b>	<b>Boot Camp</b>	<b>Ria</b>
<b>14<sup>th</sup> June</b>	<b>Sue</b>	<b>Fitness Pilates</b>	<b>Sue</b>
<b>21<sup>st</sup> June</b>	<b>Ria</b>	<b>Boot Camp</b>	<b>Ria</b>
<b>28<sup>th</sup> June</b>	<b>Sue</b>	<b>Fitness Pilates</b>	<b>Sue</b>

### 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.