

**Looking for a new exercise class that's local?  
How about your local School – Wollaston School, Irchester Road**

**Mondays**

6.30 – 7.15pm Introduction to the Gym

7.30 – 8.15pm Restore your Core

**Tuesday**

6.30am – 7.15 am Circuit Training

**Wednesday**

6.30 – 7.00 am HIIT class

**Thursday**

6.30 – 7.15pm –Pregnancy and postnatal exercise class.

7.30 - 8.15pm – Ladies introduction to the gym



**Gym sessions**

Tuesday and Wednesday am from 7.15 – 8.30, come along and use the gym for your own session. (Induction is essential)

All sessions must be booked in advance.

£25:00 for 6 sessions in whichever class you choose -

For more details see our the website –

[www.fitmobuk.co.uk](http://www.fitmobuk.co.uk)

Or Email and book at [hello@ fitmobuk.co.uk](mailto:hello@fitmobuk.co.uk)

Session start 20<sup>th</sup> February till 24<sup>th</sup> March 2017

