



Small Group Training Timetable

From 4th October for 4-weeks!

Day	Time	Instructor
Monday	1800pm	Becci
Monday	1900pm	Becci
Tuesday	0630am	Claire
Tuesday	0730am	Claire
Tuesday	1930pm	Richard
Wednesday	0630am	Becci
Wednesday	1830pm	Paul
Wednesday	1930pm	Mike
Thursday	0630am	Claire
Thursday	0730am	Claire
Thursday	1830pm	Richard
Friday	0630am	Richard
Friday	0730am	Richard

Other sessions available.

Please speak to your trainer for other times.

*4-week small group plans are held once a week and can host 4 people per group per week.

*You must be available at the same time for 4-weeks. Small groups are run as a 4-week course and cannot be rolled over if missed.

*Our plans guarantee to keep you motivated when all else fails.

£60 for a 4 x 60-minute plan.

STRICTLY LIMITED AVAILABILITY! BOOK NOW:

01132 887 666

to reserve your space for October.