



















BOOKING ESSENTIAL FOR ALL CLASSES




MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 9.30 - 10.15 POWER Functional Training (with Mark)					
	 10.30 TAI-CHI (with Paul)				 10.30 - 11.30 FOWLERS MARTIAL ARTS - KIDS	
					 12.00 - 13.30 FOWLERS MARTIAL ARTS - ADULTS	
 18.00 - 18.45 STEP AEROBICS (with Jess)	 17.45 - 18.30 STRONG (with Jess)	 18.00 - 18.45 BOOGIE BOUNCE (with Gemma)	 17.00 - 17.45 FOWLERS MARTIAL ARTS - KIDS			
 19.00 - 19.45 STRETCH & FLEX (with Jess)	 18.45 - 19.30 BOOGIE BOUNCE (with Gemma)	 19.00 - 19.45 CIRCUITS (with Stuart)	 18.00 - 18.45 BODY CONDITIONING (with Mark)			
			 19.00 - 20.00 FOWLERS MARTIAL ARTS - ADULTS			

SPIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 06.30 - 07.15 EARLY MORNING SPIN (with Mark)					
			 09.30 - 10.15 SPIN (with Mark)			 09.15 - 10.00 SPIN & ABS (with Various)
		 18.00 - 18.45 SPIN (with Stuart)				
	 18.45 - 19.30 SPIN (with Jess)		 19.00 - 19.45 SPIN (with Mark)			

 Gym classes included with membership
 Contact Jess by emailing: jzfitness22@gmail.com
 Contact Mark by calling: 07867 546573
 Contact Gemma by emailing: babygemhoney3@gmail.com

 Contact Sian by emailing: sbfitness25@gmail.com
 Contact Paul by calling: 01327 842005
 Contact Luke by emailing: info@fowlersacademy.co.uk