

FIT-FEST

THE FULL TIMETABLE

A whole day of Fitness Classes, with 4 separate classes going on each hour, you will have plenty to choose from.

All classes will be taught by the area's leading Fitness Professionals.

There will be a number of stands from Personal Trainers, Therapists and Health and Fitness Professionals as well as catering so that if you decide to rest for a class, you're sure to find something else to do.

	Room 1 (Assembly Hall)	Room 2 (Sports Hall)	Room 3 (Drama Studio)	Room 4 (Atrium)
10:30	Pulse Roll Helen Pybus	Pound Fitness Michelle McClean	Burlesque Fitness Kathy Buller	MindFit Stefania
11:30	Yin Yoga Zoe Osborne	D'n'B Workout Keri Clements	Clubbercise Josie Smith	Benefits of Spiritual Guidance Sherrie
12:30	Yoga Flow Nathan Gray	Bag Box Keri Clements	Lets Dance TBA	Nordic Walking Sally-Anne
1:15	Lunch	Lunch	Lunch	Lunch
2:00	Pilates TBA	Latin Rythms George Clark	Circuits Daniel Gallie	Nordic Walking Sally-Anne
3:00	Gentle Flow & Relax Nathan & George	TBA	Bootybarre Michelle McClean	Nutrition Seminar Stefania

Samballa yoga & holistic health

 george clark fitness

How to purchase your tickets?

Contact Nathan Grey - 07717 028429 - samballayoga@hotmail.co.uk

www.thefitfest.online Via PAYPAL - Please retain payment receipt as Proof of Purchase.

From ANY INSTRUCTOR featured in our Timetable, tickets are available IN CLASS direct from your instructor.