

# The timetable for classes at FuzzyFitness<sup>LTD</sup>

	Morning			Evening		
Monday	10 – 11 Dance fit club	11:15 – 12:15 Weight loss challenge	12 – 1 Salsa		6:30 – 7:30 Weight loss challenge	7:30 – 8:30 Weight loss challenge
Tuesday	9:15 – 10:15 Legs Bums + Tums	1 – 2 45 mins Abdominals (stomach) Workout		5 – 6 Dance Style Aerobics	6:30 – 7:30 Yoga/Pilates & Stretches	7:30 – 8:30 Belly Dancing
Wednesday	10 – 11 Dance fit club	11:15 – 12:15 Weight loss challenge	12 – 1 Yoga/Pilates		6:30 – 7:30 Weight loss challenge	7:30 – 8:30 Weight loss challenge
Thursday	10 – 11 Aerobics + Toning	11 – 12 Cardio Kick	12 – 1 Bollywood Dance	5:30 – 6:30 Aerobics + Toning	6:30 – 7:30 Yoga	
Friday	10 – 11 Dance fit club	11:15 – 12:15 Weight loss challenge			6:30 – 7:30 Weight loss challenge	7:30 – 8:30 Weight loss challenge
Saturday	11:30 – 12:30 Children Dance Club. 12.45 – 1.45pm Fuzzy Funky Fitness Weekend Classes					
Sunday	11:00 – 12:00 Fuzzy Funky Fitness Weekend Classes					

Package deals are available with discount the following are:-

◆ Personal Training + with 2 classes ◆ Bridal ◆ Holiday/ Birthday ◆ 2 Classes a week

To find out more please contact me by phone 0788 205 3398 or email: [info@fuzzyfitness.co.uk](mailto:info@fuzzyfitness.co.uk)