

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

	Morning	Evening
Monday	10:00 – 11:00 Funky dance fitness	6:00 – 7:00 Funky dance fitness
Tuesday		6:00 – 7:00 Yoga stretches 7:00 – 8:00 Abdominal (stomach work out)
Wednesday	10:00 – 11:00 Cuba latina dance	
Thursday	9:30 – 10:30 Cardio kick Combat	6:00 – 7:00 Cuba latina dance
Friday		6:00 – 7:00 Cardio kick Combat

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)