

Group Exercise Class Timetable

Mondays

Body Conditioning 5.30-6.15pm

Marsh Plc, Queens Road, Norwich | £4 | Open to non-employees via reception

The Fitness Class 6.45-7.40pm CURRENTLY FULL – Please call

The Manor Rooms, Trowse, NR14 8ST | £6 drop in

Thai-Bo Intensive 8.05-9pm

Norwich Judo/Heathgate Community Centre, Norwich, NR3 1PQ | £4.50

Tuesdays

Tuesday Toning 09.20-10.20am

The Manor Rooms, Trowse, NR14 8ST | £6 drop in

Mini Bootcamp 6.00-6.40pm

Norwich Judo/Heathgate Community Centre, Norwich, NR3 1PQ | £4

Wednesdays

Kickboxing 6.30-7.25pm

Kettlebell Workout 7.30-8.25pm

Leisure Centre, Swan Lane, Long Stratton, NR15 2UY | £4.50 Non-Members

Thursdays

Mid-week Bootcamp 07.00-07.30am

Elite Strength & Conditioning, Norwich, NR1 4HR | £3.50

Norwich Kettlebells 7.30-8 | 8-8.30pm

Elite Strength & Conditioning, Norwich, NR1 4HR | 30min £3.50 | 1hr £6

Fridays

TFI Intensive Fitness 6.00-7.00pm

Iceni Warriors Gym, 120a King Street, Norwich | £5

Saturdays

The Bootcamp 7.00/ 7.30-8.30am

Elite Strength & Conditioning, NR1 4HR | 1½hr £6 | 1hr £5

Stretch & Tone 9.05-10.05am

Stokesby Village Hall, Stokesby, NR29 | £4



Taster Sessions starting Feb/March | Contact me direct, see below.

www.seannewton.co.uk



Sean Newton Personal Training 07886 941007