







# LADIES BOOTY CAMP COURSES

## TIMETABLE 2017

<p><b>TUESDAY</b></p>	<p>7pm-8pm (twice weekly)</p> <p>6<sup>th</sup> June – 27<sup>th</sup> July</p> <p>12<sup>th</sup> Sept – 26<sup>th</sup> Oct</p> <p>7<sup>th</sup> Nov – 14<sup>th</sup> Dec</p>	<p>LADIES Booty Camp</p> <p>(dance, circuits, HIIT, aerobics, Pilates)</p>  <p>www.chesterbootcamp.co.uk</p>	<p>Cheshire County Sports Club, Upton, CH2 1PR</p>	<p>8 WEEKS 16 session course (pre-book £64)</p> <p>6 WEEKS 12 session course (pre-book @ £48)</p>
<p><b>WEDNESDAY</b></p>	<p>6pm-7pm (weekly)</p> <p>7<sup>th</sup> June – 26<sup>th</sup> July</p> <p>13<sup>th</sup> Sept – 25<sup>th</sup> Oct</p> <p>6<sup>th</sup> Nov – 13<sup>th</sup> Dec</p>	 <p>(padwork, circuits, punchbags, core)</p>	<p>Cheshire County Sports Club, Upton, CH2 1PR</p>	<p>8 WEEKS 8 session course (pre-book @ £32)</p> <p>6 WEEKS 6 session course (pre-book @ £24)</p> <p>SOME PLACES FOR COUNTY MEMBERS</p>
<p><b>WEDNESDAY</b></p>	<p>7.15pm-8pm (weekly)</p> <p>7<sup>th</sup> June – 26<sup>th</sup> July</p> <p>13<sup>th</sup> Sept – 25<sup>th</sup> Oct</p> <p>6<sup>th</sup> Nov – 13<sup>th</sup> Dec</p>	 <p>(no impact, bare foot, stretch, balance, core)</p>	<p>Cheshire County Sports Club, Upton, CH2 1PR</p>	<p>8 WEEKS 8 session course (pre-book @ £32)</p> <p>6 WEEKS 6 session course (pre-book @ £24)</p> <p>SOME PLACES FOR COUNTY MEMBERS</p>
<p><b>THURSDAY</b></p>	<p>7pm-8pm (twice weekly)</p> <p>6<sup>th</sup> June – 27<sup>th</sup> July</p> <p>12<sup>th</sup> Sept – 26<sup>th</sup> Oct</p> <p>7<sup>th</sup> Nov – 14<sup>th</sup> Dec</p>	<p>LADIES Booty Camp</p> <p>(dance, circuits, HIIT, aerobics, Pilates)</p>  <p>www.chesterbootcamp.co.uk</p>	<p>Cheshire County Sports Club, Upton, CH2 1PR</p>	<p>8 WEEKS 16 session course (pre-book £64)</p> <p>6 WEEKS 12 session course (pre-book @ £48)</p>

**PRE-BOOK ONLINE OR CALL CARLY 07712 538492**

# FIT AS FUNK

www.chesterbootcamp.co.uk