



LBD FAT BLASTER BOOTY CAMP

Week 1: LET'S GO

Tues 7th Nov: FAT BLASTER Circuit – all over body smash

Thurs 9th Nov: Kettlebell HIIT – strength & condition

WEEK 2: FIT SEXY ABS

Tues 14th Nov: AB BLASTER ACCUMULATOR work your core to the max

Thurs 16th Nov: HardCORE Circuit – focus on your midsection

Week 3: CARDIO KILLER

Tues 21st Nov: Zumba Toning vs Circuit – feel the burn Latino style

Thurs 23rd Nov: COMBAT CARDIO & CONDITION – push yourself & tone your arms & bum to the MAX

Week 4: FEEL THE BURN

Tues 28th Nov: Old Skool Condition – overload, overload, overload

Thurs 30th Nov: BANDS & BURN – all over conditioning sesh

Week 5: GIRL POWER

Tues 5th Dec: REWIND 80's Aerobics – non-stop fat blasting & CARDIO to the best 80's music

Thurs 7th Dec: BOXERCISE – the BEST de-stress (padwork/circuit)

Week 6: FEELING GOOD

Tues 12th Dec – HIIT MASH-UP Dance, Combat, HIIT & Yoga

Thurs 14th Dec: FAT BLASTER Circuit – that all over body PUSH before Christmas!

Sessions take place in the sports hall – **7pm-8pm**