






BOOT CAMP COURSES 2018

Upton High School, St James Avenue, Upton, CH2 1NN

<p>TUESDAY & THURSDAY</p>	<p>7pm-8pm</p> <p>9th Jan – 15th Feb (6wk) 27th Feb – 29th Mar (5wk) 17th Apr – 24th May (6wk) 29th May – 19th July (8wk) 7th Aug – 30th Aug (4wk) 11st Sep – 25th Oct (6wk) 6th Nov – 13th Dec (6wk)</p>	<p>LADIES BOOT CAMP</p> <p><i>(dance, circuits, HIIT, aerobics, Pilates)</i></p>  <p>www.chesterbootcamp.co.uk</p>	<p>8 WEEKS 16 session course (pre-book £64)</p> <p>6 WEEKS 12 session course (pre-book £48)</p> <p>5 WEEKS 10 session course (pre-book £40)</p> <p>4 WEEKS 8 session course (pre-book £32)</p>
<p>WEDNESDAY</p>	<p>6pm-7pm</p> <p>7.15pm-8pm</p> <p>9th Jan – 15th Feb (6wk) 27th Feb – 29th Mar (5wk) 17th Apr – 24th May (6wk) 29th May – 19th July (8wk) 7th Aug – 30th Aug (4wk) 11st Sep – 25th Oct (6wk) 6th Nov – 13th Dec (6wk)</p>	<p>LADIES</p>  <p><i>(padwork, circuits, punchbags, core)</i></p> <p>LADIES HARDCORE AB BLAST</p>  <p><i>(fat burning, core, conditioning)</i></p>	<p>8 WEEKS 8 session course (pre-book @ £32)</p> <p>6 WEEKS 6 session course (pre-book @ £24)</p> <p>5 WEEKS 5 session course (pre-book @ £20)</p> <p>4 WEEKS 4 session course (pre-book @ £16)</p>

PRE-BOOK ONLINE OR CALL CARLY 07712 538492

FIT AS FUNK

www.chesterbootcamp.co.uk