



BURN & BEATZ BOOT CAMP

Week 1: SO MACHO

Tuesday 27th Feb

REWIND 80'S AEROBICS

– non-stop fat blasting to fab 80's music, high energy, super high fat blasting

WEEK 2: RIDE ON TIME

Tuesday 6th March

ClubberFIT MASH UP

– banging club beatz, past & present, cardio, toning & all over fat burning

Week 3: LATIN FIESTA

Tuesday 13th March

ZUMBA TONING vs CIRCUIT

– feel the burn Latino style & shake your maracas for maximum upper body fat burn

Week 4: SMASH & BURN

Tuesday 20th March

COMBAT DETOX

– blast away body fat & the days stresses (!) push yourself & tone your arms & bum to the MAX

Week 5: THAT EASTERN VIBE

Tuesday 27th March

BOLLY-BHANGRA BLAST – from sensual bellydance to booty bouncing Bollywood beatz, we'll shake our shimmy belts & melt away body fat

Sessions in the main hall at Upton UR Church – 7pm-8pm