



## BURN & BEATZ BOOT CAMP

### **Week 1: SMASH & BURN**

Tuesday 6<sup>th</sup> November

COMBAT DETOX

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

### **Week 2: DOWN IN AFRICA**

Tuesday 13<sup>th</sup> November

TRIBAL STOMP

– get your groove on with this HI-NRG cardio funk routine

### **Week 3: SO GOOD TO ME**

Tuesday 20<sup>th</sup> November

DANCE FIT

– dance vs aerobics to smooth house beatz, cardio, toning & all over fat burning

### **Week 4: DON'T YOU WANT ME**

Tuesday 27<sup>th</sup> November

REWIND 80'S AEROBICS

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

### **Week 5: SENSATIONAL 70'S**

Tuesday 4<sup>th</sup> December

TIGER FEET –70's flavours & dance

floor inspired fat burning grooves, get ready to hustle!

### **Week 6: ALL I WANT FOR XMAS**

Tuesday 11<sup>th</sup> December

CLUBBERFIT CRIMBO

– high energy cardio to Xmas tunage jingly jingly bells

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