

IMF BBC GYM CLASS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7AM	PILATES (TARRYN)			PILATES (TARRYN)		
8AM	YOGA (TAMMY)	BOOTCAMP (BELINDA)	YOGA (TAMMY)	BOOTCAMP (BELINDA)	YOGA (TAMMY)	H.I.T BOOTCAMP (BELINDA)
9AM	PILATES (TARRYN)			PILATES (TARRYN)		
5PM		YOGA (TAMMY)		YOGA (TAMMY)		

BOOKING FOR CLASSES NEED TO BE MADE 24HOURS PRIOR TO CLASS

CONTACT SARAH ON SARAH@IMOVEFITNESS.CO.ZA
OR CALL THE BBC GYM ON 0325381481
OR ALTERNATIVELY BOOK WITH THE IMF INSTRUCTOR!

