








**BOOKING ESSENTIAL FOR ALL CLASSES**



## MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>9.30 - 10.15</b> <b>POWER</b> Functional Training (with Mark)						
	 <b>10.30</b> <b>TAI-CHI</b> (with Paul)				 <b>10.30 - 11.30</b> <b>FOWLERS MARTIAL</b> <b>ARTS - KIDS</b>	
					 <b>12.00 - 13.30</b> <b>FOWLERS MARTIAL</b> <b>ARTS - ADULTS</b>	
 <b>18.00 - 18.45</b> <b>STEP AEROBICS</b> (with Jess)	 <b>17.45 - 18.30</b> <b>STRONG</b> (with Jess)		 <b>17.00 - 17.45</b> <b>FOWLERS MARTIAL</b> <b>ARTS - KIDS</b>			
 <b>19.00 - 19.45</b> <b>STRETCH &amp; FLEX</b> (with Jess)			 <b>18.00 - 18.45</b> <b>BODY CONDITIONING</b> (with Mark)			
			 <b>19.00 - 20.00</b> <b>FOWLERS MARTIAL</b> <b>ARTS - ADULTS</b>			

## SPIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 <b>06.30 - 07.15</b> <b>EARLY MORNING SPIN</b> (with Mark)					
			 <b>09.30 - 10.15</b> <b>SPIN</b> (with Mark)			 <b>09.15 - 10.00</b> <b>SPIN &amp; ABS</b> (with Various)
	 <b>18.45 - 19.30</b> <b>SPIN</b> (with Jess)		 <b>19.00 - 19.45</b> <b>SPIN</b> (with Mark)			

 Gym classes included with membership  
 Contact Jess by emailing: [jzfitness22@gmail.com](mailto:jzfitness22@gmail.com)  
 Contact Mark by calling: 07867 546573

 Contact Paul by calling: 01327 842005  
 Contact Luke by emailing: [info@fowlersacademy.co.uk](mailto:info@fowlersacademy.co.uk)