



pyramid
health & fitness

www.pyramidfitness.co.uk

PUTTING THE **FUN**
BACK INTO **FITNESS**

MONDAY

7.30pm	Zumba	Flackwell Heath Football Club
7.30pm	INSANITY	Great Kingshill Village Hall
8.00pm	HIIT it Hard Abs	Great Kingshill Village Hall

TUESDAY

9.45am	KSFL nutrition	venue TBC
10.00am	Fitness Pilates	venue TBC
10.30am	Legs, Bums and Tums	venue TBC
11.00am	INSANITY	venue TBC
6.00pm	Fitness Pilates	Millbrook School, High Wycombe
6.30pm	Fitsteps	Wycombe Marsh, Venue TBC
7.00pm	Boxercise	Millbrook School, High Wycombe
7.30pm	Legs, Bums and Tums	Wycombe Marsh, Venue TBC
8.00pm	INSANITY	Millbrook School, High Wycombe
8.10pm	Zumba	Millbrook School, High Wycombe

WEDNESDAY

6.00am	KSFL Bootcamp	Hazlemere
6.15pm	Body Blitz	Wycombe General Hospital, High Wycombe
7.45pm	INSANITY	Widmer End School
8.15pm	Legs, Bums and Tums	Widmer End School

THURSDAY

7.30pm	INSANITY	Disraeli School, High Wycombe
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FRIDAY

6.00am	KSFL Bootcamp	Hazlemere
9.45am	Fitness Pilates	Naphill Village Hall

SATURDAY

8.30am	INSANITY	Widmer End Village Hall
9.00am	Zumba	Holmer Green Village Hall
10.05am	Fitsteps	Holmer Green Village Hall

All times correct at time of going to print.

Please check www.pyramidfitness.co.uk before attending classes or contact us for more information.



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