

LAUNCH DAY TIMETABLE

29th of July come to Cotlandswicks
and try these brand new classes!!

9:00AM - BEASTMODE CARDIO

THIS TOUGH SESSION WILL EXHAUST YOUR WHOLE BODY & FIRE UP YOUR METABOLISM FOR AMAZING FAT BURNING RESULTS. KEEP UP THE PACE & YOUR PERFORMANCE LEVELS WILL SKY ROCKET WITH THIS FAST HIGH INTENSITY CLASS.

9:30AM - BEASTMODE FIGHT

HARNESS YOUR UPPER BODY POWER & BOOST YOUR ENDURANCE IN THIS COMBAT FOCUSED CLASS. JAB CROSS, BODY HOOKS & UPPER CUTS WILL TARGET YOUR ARMS & CORE MUSCLES DESTROYING CALORIES & EXPOSING LEAN MUSCLE.

10:00AM - LES MILLS GRIT STRENGTH

THE 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING WORKOUT, DESIGNED TO IMPROVE STRENGTH AND BUILD LEAN MUSCLE.

10:30AM - LES MILLS GRIT CARDIO

THE 30-MINUTE HIGH-INTENSITY INTERVAL TRAINING WORKOUT THAT IMPROVES CARDIOVASCULAR FITNESS, INCREASES SPEED AND MAXIMIZES CALORIE BURN.

11:00AM - LES MILLS GRIT STRENGTH

11:30AM - LES MILLS GRIT CARDIO

12:00PM - BEASTMODE FIGHT

12:30PM - BEASTMODE CARDIO

1Life
Live more. Live well.