

Tuesday 6.45 - 7.30 p.m



WARNING:
INTENSITY 8 -10
NOT for the faint
hearted!

GBH

This it TOUGH! Tabata style.
(But do it anyway!)

Using the more unusual equipment such as Gliders, Bender Balls and Hurdles (hence GBH!), this class will navigate you to peak fitness but with the mutual support of your co-gym bunnies and lead safely by Cat. Embrace your crazy side!

Always advise Cat of any health matters or changes to your health