

Adventure Gym Sessions

Remember to Book your place.... in order for sessions to run we need confirmed numbers.

January 2012

Contact the Surf-Lines Team to book your place....

www.surf-lines.co.uk

All of these sessions are FREE to Adventure Gym Members

email: info@surf-lines.co.uk or Tel: 01286 879001

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
9 Boot Camp 6-7pm £5.00 With Heidi Petch-Jones	10	11 Iyengar Yoga 6-7.00pm £5.00 With Victoria Howells in our classroom	12 New Lunchtime Pilates 12-1pm £5.00 With Clare Tuck	13	14 Action Kayak 10am 2* training series £30.00	15 Core strength 9-10am £5.00 With Heidi Petch-Jones Running -Touch the tunnel 10am Lake Chase 11am £3.50
16 Boot Camp Heidi - 6-7pm £5.00 With Heidi Petch-Jones	17	18 Iyengar Yoga 6-7.00pm £5.00 With Victoria Howells in our classroom	19 New Lunchtime Pilates 12-1pm £5.00 With Clare Tuck	20	21 Action Kayak 10am 2* training series £30.00 Stand Up Paddle Boarding 1.30pm £25.00	22 Core strength 9-10am £5.00 With Heidi Petch-Jones Running -Touch the tunnel 10am Lake Chase 11am £3.50
23 Boot Camp Heidi - 6-7pm £5.00 With Heidi Petch-Jones	24	25 Iyengar Yoga 6-7.00pm £5.00 With Victoria Howells in our classroom	26 New Lunchtime Pilates 12-1pm £5.00 With Clare Tuck	27	28 Action Kayak 10am 2 * training series	29 Core Strength-10am £5.00 With Heidi Petch-Jones Running -Touch the tunnel 10am Lake Chase 11am £3.50
30 Boot Camp Heidi - 6-7pm £5.00 With Heidi Petch-Jones	31					