



**NEW Fitness OFFER**

ALL SESSIONS

**£3**

EACH OR

£15 PER

**MONTH**



NOW'S THE TIME



0203 828 4920

# Starting Monday 30th April

## Monday

Zumba Gold 10.30 - 11.30

KettleFit 19.00 - 20.00

## Tuesday

Indoor Cycle Circuit 9.30 - 10.30

Indoor Cycle Circuit 19.00 - 20.00

Pilates 20:15 - 21:15

## Wednesday

Ladies Boxing Circuit 9.30 - 10.30

BoxFit 20.00 - 21.00

## Thursday

Total Tone 9.30 - 10.30

## Friday

Ladies Legs, Bums & Tums 9.30 - 10.30

## Saturday

Circuits 9.00 - 10.00

**Location: Sporting Club Thamesmead, Bayliss avenue, SE28 8NJ**

Cost: £3 per session or £15 per month or £35 for 3 months

[www.ntthamesmead.co.uk](http://www.ntthamesmead.co.uk)

 @NttThamesmead