

MYFITNESSBUDDY – January 2012 – April 2011

MONDAY	CLASS	INSTRUCTOR	LOCATION
06:00 – 07:00	Bootcamp (SPRING)	Lola	Raggamuffins
09:35 – 10:30	Zumba	Lola	Bannatynes(M)
11:15 – 12:15	Pilates (Beg)(SPRING)	Lola	Raggamuffins
20:15 – 21:15	Zumba	Lola	To be Confirmed
TUESDAY	CLASS	INSTRUCTOR	LOCATION
06:30 – 07:30	Bootcamp(SPRING)	Lola	Raggamuffins
10:00 – 11:00	Zumba	Lola	Raggamuffins
11:15 – 12:15	Pilates (Beginners)	Lola	Raggamuffins
19: 00 – 20:00	Zumba	Lola	South Ockendon Village
20:15 – 21:15	Zumba	Lola	South Ockendon Village
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
06:30 – 07:30	Bootcamp (SPRING)	Lola	Raggamuffins
09:30 – 10:30	Bootcamp	Lola	Raggamuffins
12:15 – 13:00	Zumba	Lola	K West Spa PAYG
18:45 – 19:45	Zumba	Lola	Warren Primary School
20:15 – 21:15	Zumba	Lola	Warren Primary School
THURSDAY	CLASS	INSTRUCTOR	LOCATION
9:45 – 10:30	Zumba (Beg)	Lola	Raggamuffins
12:15 – 13:00	Spinning	Lola	YMCA City (PAYG)
18:30 – 19:15	Bootcamp	Lola	Harris Academy
19:30 – 20:30	Zumba	Lola	Harris Academy

FRIDAY	CLASS	INSTRUCTOR	LOCATION
06:45 – 07:45	Bootcamp (Spring)	Lola	Raggamuffins
11:00 - 12:00	Bootcamp	Lola	Raggamuffins
13:00 – 14:00	Pilates Sculpt	Lola	Raggamuffins
18:30 – 19:30	Piloxing	Lola	Raggamuffins
SATURDAY	CLASS	INSTRUCTOR	LOCATION
09:45 – 10:30	Spinning	Lola	Porchester Centre - PAYG
11:00 – 11:45	Spinning	Lola	Seymour Place - PAYG
12:05 – 13:00	Zumba	Lola	DL Kensington (M)

SUNDAY	CLASS	INSTRUCTOR	LOCATION
09:00 – 10:00	Bootcamp	Lola	Raggamuffins
10:15 – 11:15	Piloxing	Lola	Raggamuffins
11:30 – 12:30	Pilates	Lola	Raggamuffins
12:45 – 13:45	Pilates Sculpt	Lola	Raggamuffins
14:30 – 15:30	Zumba	Lola	Raggamuffins

**Personal Fitness Training, Training & Nutrition
Programs & TRX also Available!!!**

WEBSITE: www.myfitnessbuddy.co.uk

ENQUIRES: lola@myfitnessbuddy.co.uk

BOOK A CLASS: bookaclass@myfitnessbuddy.co.uk

**For Regular Updates, add “MyFitnessbuddy” or join
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