

	TUESDAY	WEDNESDAY	FRIDAY
EARLY BIRD		Xpress 45 Bootcamp 6.15-7.00am Garfield Park	
AM		Xpress 45 Bootcamp 9.00-9.45am South Park Gdns	Xpress 45 Bootcamp 9.00-9.45am Garfield Park
PM	Total Body Fit Summer venue 8.00-9.00pm South Park Gdns 7 th July-end August	Zumba 8.00-9.00pm Holy Trinity School Bootcamp 7.00-8.00pm Wimbledon Park	