



PB Fitness Training

Reach your Personal Best

DAY	CLASS	TIME	Location
MONDAY (Paula)	GROUP SPIN	18:15 - 19:00	STUDIO & REMOTE STUDIO
	LesMills BODYPUMP	19:10 – 20:00	
WEDNESDAY (Paula)	LesMills BodyPump	18:15 – 19:00	STUDIO
	HR SPIN	19:10 – 19:50	STUDIO & REMOTE
	STAR	19:55 – 20:25	STUDIO
	(Stretch,Tone,ABS,Relaxation)		
FRIDAY (Peter)	GROUP SPIN	18:15 – 19:00	STUDIO
SUNDAY (Paula)	Lesmills BODYPUMP	10:00 – 10:45	STUDIO

ALL.CLASSES ARE ABLE TO BOOK UNDER PB FITNESS MYZONE APP,
All classes Studio & Remote are Myzone Enabled
STUDIO LOCATED: EPSOM COLLEGE FITNESS SUITE

www.pbfitnesstraining.com