



# Fitness and Lifestyle

"Specialising in Vibro power plate workout"

7 LINENHALL ST | BANBRIDGE | TEL: 02840 624 747

**Class of its own**  
 Our clubs offer a wide and exciting range of classes,  
 Providing the latest trends in health & fitness.

## Timetable

**AB Blast** Toning session focusing on the Abdominals

**Bums & Legs** Toning session focusing on Bums and Legs

**Fat Burn Extreme** A challenging workout for maximum toning results



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am <b>AB BLAST</b>	11am <b>FAT BURNER EXTREME</b>	11am <b>AB BLAST</b>	11am <b>FAT BURNER EXTREME</b>	11am <b>AB BLAST</b>	11am <b>AB BLAST</b>
1pm <b>FAT BURNER EXTREME</b>		1pm <b>FAT BURNER EXTREME</b>		1pm <b>FAT BURNER EXTREME</b>	11.30am <b>BUMS &amp; LEGS</b>
	5.00pm <b>AB BLAST</b>		5.00pm <b>BUMS &amp; LEGS</b>	<ul style="list-style-type: none"> <li>✓ Top quality equipment and training classes</li> <li>✓ Fun &amp; stylish training environment</li> <li>✓ Passionate &amp; understanding trainers</li> </ul>	
7.00pm <b>BUMS &amp; LEGS</b>	7.00pm <b>AB BLAST</b>	7.00pm <b>BUMS &amp; LEGS</b>	7.00pm <b>AB BLAST</b>		
	7.30pm <b>FAT BURNER EXTREME</b>		7.30pm <b>FAT BURNER EXTREME</b>	5.45pm <b>BUMS &amp; LEGS</b>	<i>"Your results are our results"</i>

Loose clothing or gym wear should be worn. You will not need trainers as sessions take place in socks.

Classes are fun, energetic. Maximise your fitness & results!

Remember to book your classes in advance to secure your place

TEL: 02840 624 747 | [www.tonenten.com](http://www.tonenten.com)