

**\*\*\*KB Fitness & Nutrition \*\*\*February 2012 - Fitness Class Timetable \*\*\***

	Date	Time	Class	Location
<b>Week 1</b>	Wednesday 1 <sup>st</sup> February	7.00pm – 8.00pm 8.15pm – 9.00pm	Boxercise Pilates	St Peter's School, Cowfold St Peter's School, Cowfold
	Thursday 2 <sup>nd</sup> February	9.30am – 10.30am 7.00pm – 7.45pm 7.30pm – 8.15pm	Zumba® Zumba® Zumba®	Cowfold Village Hall Mannings Heath Village Hall St Peter's School, Cowfold
	Friday 3 <sup>rd</sup> February	9.15am – 10.00am 6.00pm – 6.45pm	Bootcamp Bootcamp	Cowfold Village Green Cowfold Village Green
<b>Week 2</b>	Monday 6 <sup>th</sup> February	9.15am – 10.00am 10.30am – 11.30am 6.00pm – 6.45pm	Bootcamp Group Fitness Training Bootcamp	Cowfold Village Green Cowfold Village Hall Cowfold Village Green
	Tuesday 7 <sup>th</sup> February	7.45pm – 8.45pm	Zumba®	Scout Hut, Cowfold
	Wednesday 8 <sup>th</sup> February	7.00pm – 8.00pm 8.15pm – 9.00pm	Boxercise Pilates	St Peter's School, Cowfold St Peter's School, Cowfold
	Thursday 9 <sup>th</sup> February	9.30am – 10.30am 7.00pm – 7.45pm 7.30pm – 8.15pm	Zumba® Zumba® Zumba®	Cowfold Village Hall <b>Lower Beeding Village Hall ***</b> St Peter's School, Cowfold
	Friday 10 <sup>th</sup> February	9.15am – 10.00am 6.00pm – 6.45pm	Bootcamp Bootcamp	Cowfold Village Green Cowfold Village Green
<b>Week 3</b>	Monday 13 <sup>th</sup> February	10.30am – 11.30am 6.00pm – 6.45pm	Bootcamp Group Fitness Training Bootcamp	Cowfold Village Green Cowfold Village Hall Cowfold Village Green
	Tuesday 14 <sup>th</sup> February	7.45pm – 8.45pm	Zumba®	Scout Hut, Cowfold
	Wednesday 15 <sup>th</sup> February	7.00pm – 8.00pm 8.15pm – 9.00pm	Boxercise Pilates	St Peter's School, Cowfold St Peter's School, Cowfold
	Thursday 16 <sup>th</sup> February	9.30am – 10.30am 7.00pm – 7.45pm 7.30pm – 8.15pm	Zumba® Zumba® Zumba®	Cowfold Village Hall <b>*special offer*</b> Mannings Heath Village Hall St Peter's School, Cowfold
	Friday 17 <sup>th</sup> February	9.15am – 10.00am 6.00pm – 6.45pm	Bootcamp Bootcamp	Cowfold Village Green Cowfold Village Green
<b>Week 4</b>	Monday 20 <sup>th</sup> February	9.15am – 10.00am 10.30am – 11.30am 6.00pm – 6.45pm	Bootcamp Group Fitness Training Bootcamp	Cowfold Village Green Cowfold Village Hall Cowfold Village Green
	Tuesday 21 <sup>st</sup> February	7.45pm – 8.45pm	Zumba®	Scout Hut, Cowfold
	Wednesday 22 <sup>nd</sup> February	7.00pm – 8.00pm 8.15pm – 9.00pm	Boxercise Pilates	St Peter's School, Cowfold St Peter's School, Cowfold
	Thursday 23 <sup>rd</sup> February	9.30am – 10.30am 7.00pm – 7.45pm 7.30pm – 8.15pm	Zumba® Zumba® Zumba®	Cowfold Village Hall Mannings Heath Village Hall St Peter's School, Cowfold
	Friday 24 <sup>th</sup> February	9.15am – 10.00am 6.00pm – 6.45pm	Bootcamp Bootcamp	Cowfold Village Green Cowfold Village Green
<b>Week 5</b>	Monday 27 <sup>th</sup> February	9.15am – 10.00am 10.30am – 11.30am 6.00pm – 6.45pm	Bootcamp Group Fitness Training Bootcamp	Cowfold Village Green Cowfold Village Hall Cowfold Village Green
	Tuesday 28 <sup>th</sup> February	7.45pm – 8.45pm	Zumba®	Scout Hut, Cowfold

**How to Book:**

Book on-line at [www.kbfitnessnutrition.co.uk](http://www.kbfitnessnutrition.co.uk)

Or call, text or email

01403 864895 or 07845 161154 or

[natalie@kbfitnessnutrition.co.uk](mailto:natalie@kbfitnessnutrition.co.uk)

**Class Prices:**

**Boxercise, Pilates, Group Fitness Training**

£5.50 per class or £27.50 for 6 sessions

**Bootcamp** is £7.00 / session or buy 8 sessions for £48.00

**Zumba** (45min) is £5.00 per class or £25.00 for 6 sessions

**Zumba** (1hr) is £5.50 per class or £27.50 for 6 sessions

**\* Zumba** – 16<sup>th</sup> February only (Half term week) – children (10 years +) who wish to attend the 9.30am class with a parent – will be ½ price at £2.75

6 or 8 session packages do not need to be used on consecutive weeks, as they are valid for 3 months from date of purchase.

**Unlimited Class Pass** for February is £55.00

If you wish to have an Unlimited Class Pass for February please let Natalie or Koen know at your first February session. Your pass will be valid from Wednesday 1<sup>st</sup> February until Wednesday 29<sup>th</sup> February '12. You can attend as many classes as you wish from the list without paying a penny more.

**Contact Information:**

**Office Tel: 01403 864895**

**Natalie Mobile: 07845 161154**

**Koen Mobile: 07904 198534**

**Website: [www.kbfitnessnutrition.co.uk](http://www.kbfitnessnutrition.co.uk)**

**Email: [natalie@kbfitnessnutrition.co.uk](mailto:natalie@kbfitnessnutrition.co.uk)**

**Email: [koen@kbfitnessnutrition.co.uk](mailto:koen@kbfitnessnutrition.co.uk)**

**Facebook: [www.facebook.com/kbfitnessstraining](http://www.facebook.com/kbfitnessstraining)**

Class times, instructors and venues may be subject to change, if this occurs, details will be emailed to all regular participants and posted on our website and Facebook page.