

*****ALL CLASSES NOW IN THE MASONIC HALL IN BANNOCKBURN*****

AKA THE GANGHUT

Macastrong -Circuit based workout with TRX/Weights/Kettlebells.

Macaftit - 30 minutes, non-choreographed, HIIT workout. 60 minute classes –optional
core/strength session

Classes suitable for all levels of fitness – however new to fitness? Try Macaftit first :0)

Monday

0930	1030	Macaftit & Core/Strength
1600	1700	Group Private Training *spaces available*
1715	1745	Macaftit
1800	1900	Macastrong

Tuesday

0930	1030	Macaftit & Core/Strength
1745	1815	Macaftit
1820	1915	Macaftit & Core 30/60 minutes
1920	2020	Group Private Training *spaces available*

Wednesday

0930	1030	Macaftit & Core/Strength
1700	1800	Group Private Training *spaces available*
1815	1845	Macaftit
1900	2000	Macastrong

Thursday

0930	1030	Macaftit & Core/Strength
1815	1900	Macaftit & Core/Strength NEW TIME

Friday

0930	1030	Macastrong

Saturday

0800	0900	Macaftit 30/60 minutes
0900	1000	Group Private Training *spaces available*
1330	1530	Yin yoga workshop FIRST SAT OF EVERY MONTH

Monthly Pass for all classes £40

½ hour classes £4.50

1 hour classes £5.50

**CLASSES TIMES AND CHAGES ARE UPDATED ON FACEBOOK DAILY – PLEASE CHECK THIS
BEFORE COMING**