

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

**AKA THE GANGHUT**

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

**Macafit - 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 Macafit first :0)**

<b>Monday</b>		
<b>0615</b>	<b>0645</b>	<b>Macafit</b>
<b>0930</b>	<b>1030</b>	<b>Macafit &amp; Core/Strength 30/60mins</b>
<b>1600</b>	<b>1700</b>	<b>Group Private Training *spaces available*</b>
<b>1715</b>	<b>1745</b>	<b>Macafit</b>
<b>1800</b>	<b>1900</b>	<b>Macastrong 30/60mins</b>
<b>Tuesday</b>		
<b>0930</b>	<b>1030</b>	<b>Macafit &amp; Core/Strength 30/60mins</b>
<b>18.00</b>	<b>1900</b>	<b>Macafit 30/60mins</b>
<b>Wednesday</b>		
<b>0615</b>	<b>0645</b>	<b>Macafit</b>
<b>0930</b>	<b>1030</b>	<b>Macafit &amp; Core/Strength 30/60mins</b>
<b>1700</b>	<b>1800</b>	<b>Group Private Training *spaces available*</b>
<b>1800</b>	<b>1830</b>	<b>Macafit</b>
<b>1845</b>	<b>1930</b>	<b>Macastrong</b>
<b>Thursday</b>		
<b>0815</b>	<b>0915</b>	<b>Group Private Training *spaces available*</b>
<b>0930</b>	<b>1030</b>	<b>Macafit &amp; Core/Strength 30/60mins</b>
<b>1815</b>	<b>1900</b>	<b>Macafit &amp; Core/Strength</b>
<b>Friday</b>		
<b>0615</b>	<b>0645</b>	<b>Macafit</b>
<b>0930</b>	<b>1030</b>	<b>Macastrong 30/60mins</b>
<b>Saturday</b>		
<b>0800</b>	<b>0900</b>	<b>Macafit 30/60 minutes</b>
<b>0900</b>	<b>1000</b>	<b>Group Private Training *spaces available*</b>
<b>Monthly Pass for ALL classes £45</b> <b>Monthly pass EXCLUDING 0615-0645 classes £40</b> <b>½ hour classes £5</b> <b>1 hour classes £6</b>		
<b>CLASSES TIMES AND CHANGES ARE UPDATED ON FACEBOOK DAILY – PLEASE CHECK THIS BEFORE COMING</b>		