



SEPTEMBER TIMETABLE

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| Monday | 9.30am | FITNESS PILATES ((WARLINGHAM VILLAGE HALL & ONLINE) |
| | 7.00pm | STRENGTH HIIT (ONLINE) |
| Tuesday | 9.30am | CARDIO COMBAT & STRENGTH CONDITIONING (WARLINGHAM METHODIST CHURCH & ONLINE) |
| | 6.30pm | OUTDOOR FITNESS BOOTCAMP (QUEENS PARK CATERHAM) |
| Wednesday | 9.30am | FITNESS PILATES (WARLINGHAM METHODIST CHURCH & ONLINE) |
| | 6.30pm | STRENGTH & CORE (WHYTELEAFE PARK) |
| Thursday | 7.00am | OUTDOOR FITNESS BOOTCAMP (WHYTELEAFE PARK) |
| | 9.30am | SCULPT, DEFINE & DEEP STRETCH (WARLINGHAM METHODIST CHURCH & ONLINE) |
| | 7.15pm | FITNESS PILATES (WARLINGHAM CHURCH HALL & ONLINE) |
| Friday | 9.30am | LBT (WARLINGHAM METHODIST CHURCH & ONLINE) |
| Saturday | 8.30am | OUTDOOR FITNESS BOOTCAMP (WHYTELEAFE PARK) |

New class timetable starts Friday 4 September.

MONTHLY CLASS PASS OPTIONS

BONUS - All class passes include unlimited access to my online hub where I will be live streaming part of the timetable weekly (see timetable for details).

Unlimited pass - £54

8 class pass – £42

4 class pass £30

Pay as you go £8

Total Body Co Uk Ltd

Lloyds TSB

30-91-72

02907919



BOOKINGS

All indoor and outdoor sessions must be booked via the website www.totalbodyfitness4u.co.uk (classfit).

Bookings are on a first come first served basis & there is an option to go onto a waiting list.

Cancellations - please cancel within 2 hours of the class so that those on the waiting list are notified and have the opportunity to take the place.

Please be understanding of this policy as there are limited numbers in each class. Failure to show up to a class without cancelling will result in the loss of a class.

If in the event a class venue needs changing you will be notified via the booking system automatically.

All participants will be prompted to fill in a health questionnaire when you make your first booking.

GOVERNMENT GUIDELINES

Risk assessments have been carried out at all venues to adhere to government guidelines.

Indoor classes will be marked out at 2m for social distancing.

All entrance points will have hand sanitising stations and a one way system in place where possible with the relevant signage.

All door handles at entry points and to the toilets will be cleaned after each class.

Doors will be left open where possible to allow for ventilation.

Please bring your own mat, water and dumbbells (if you have them).

If you are feeling unwell or experiencing any symptoms please refrain from coming to class. If you have had COVID please allow 14 days before returning to class.