

# POWER PLATE CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7.30am</b>	Power Zone	Beginners	Power Box	Power Zone	Power Box
<b>12.30pm</b>	Beginners	Power Zone	Power Zone	Power Zone	Beginners
<b>1.00pm</b>	Power Box	Power Box	Power Box	Beginners	Power Zone
<b>6.30pm</b>	Power Zone	Power Zone	Beginners	Power Box	Beginners

### POWER ZONE

An Absolute favourite and everyone's welcome, this class will cater for all and is a total body workout. With the Power Plate your workout will ensure that you increase muscle strength, accelerate metabolism, reduce appearance of cellulite and much more.

### POWER BOX

Bringing Power Plate and Boxing together to maximize your fat burning results, alleviate stress, accelerate toning and intensify your workout with a 30 minute Power Plate boxing class.

### BEGINNERS

New to Power Plate? Ease yourself into acceleration training with this basic introductory class. With your qualified Power Plate instructor helping you understand the principle of vibration, you will see why celebrities choose Power Plate as their number one training tool

**£75\***  
MEMBERS

**£100\***  
NON MEMBERS

