

# K2Bfit Classes

## K2Bfit Timetable

| Day       | Time           | Class              | Venue                       | Price |
|-----------|----------------|--------------------|-----------------------------|-------|
| Monday    | 9.30 - 10.15am | Beginners Insanity | Cross in Hand Village Hall  | £5    |
|           | 6.30 - 7.15pm  | PiYo               | Horam Village Hall          | £5    |
|           | 7.15 - 8pm     | Boot Camp          | Horam Village Hall          | £5    |
| Wednesday | 9.30 - 10.15am | Kettle Core        | Five Ashes Village Hall     | £5    |
|           | 6.30 - 7.15pm  | Insanity           | Cross in Hand Village Hall  | £5    |
|           | 7.15 - 7.30pm  | Spring Slim Down   | Cross in Hand Village Hall  | £3    |
|           | 7.30 - 8.15pm  | Kettle Core        | Cross in Hand Village Hall  | £5    |
| Thursday  | 7.30 - 8.15pm  | Kettle Core        | Five Ashes Village Hall     | £5    |
| Saturday  | 9 - 9.30am     | Jogging for all    | Millennium Green (By Co-op) | FREE  |

**NEW Kettle Core** is a kettlebell based workout that tones and sculpts your body as well as strengthening your core. PiYo is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!

**Insanity** is a high-intensity total-body interval training. Prepare to shatter your limits with challenging drills and explosive moves that will help you get in the best shape of your life—no matter where you're starting from.

**Boot Camp** is a class which uses various training systems to work the whole body using functional movements. **Jogging for all** is a class for all abilities, we will be jogging through the woods so old trainers are a must!

**NEW Spring Slim Down** measurements and weigh ins, as well as nutrition advice and 24-7 support from our trainers.



**BOOT CAMP**

**Jogging for all**

**KETTLE CORE**

**INSANITY**

K2Bfit K2BfitKirsty K2Bfit  
Unlimited classes for just £40 per month!  
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Location

**South East, East Sussex**

<https://www.freeadsz.co.uk/x-269904-z>

NEW class timetable starts Monday 29th February 2016! No need to book just turn up. If you have any questions please feel free to.



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