

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		Yoga - NEW 6.30-7.30am	Pilates - NEW 9-9.45am	Buggy Camp 9.15-10am	Yoga - NEW 6.30-7.30am	Legs, Bums & Tums 9-9.45am	Boot Camp 9-9.45am
		Yoga - NEW 10-11.30am			Yoga - NEW 10-11.30am	BlockFit – <u>new time</u> 10-10.45am	
Evening	BlockFit 6.30-7.15pm	Everyone deserves a rest now and then. Sit back and watch our weekly Tuesday Tip updates	Boot Camp 6.30-7.15pm	Full Body Blast 6.30-7.15pm	It's Friday evening! We all need a rest and what better day when we all want to put our feet up	Would you like some extra nutrition support? Sign up TODAY & get a FREE Nutrition booklet PUT THE TAKEAWAY LEAFLET DOWN	
	Boot Camp 7.30-8.15pm		Boxfit 7.30-8.15pm	Pilates - NEW 7.30-8.15pm			
			Yoga - NEW 6.30-8.00pm	Yoga - NEW 6.30-8.00pm			
1:1 or small group training	Please ask for available times or book your FREE consultation by messaging the code 'PT' to: Tel/ text: 07507846224 Email: info@1stepfitnes.co.uk				Have a drink on us 😊..... Just one..... Tap Water		

Bootcamp - Don't be put off by the name it's basically a FUN body weight exercise session with some light weights and all at your own level. A full body workout focused on losing weight and body fat. Not your standard military operation you are currently visualising in your head!

Boxfit - Not your normal Boxfit with just punching for 45minutes. It again involves full body workout with leg exercises too but takes out the stresses of day to day living. Secret tip, thinking of someone or something you hate during this class is advised as again will burn those calories, tone those muscles and says goodbye to 'saggy bits'

Full Body Blast- This session is focused on toning the full body. A session with light weights of your choice and ability that will give you extra strength along with toning up those areas where you have lost all the fat from our other sessions but need to now tone and look beautiful.

Legs, Bums and Tums – What it says on the tin. This session is again for weight loss and body fat loss however works specifically on the legs, bum and tummy area.

Buggycamp – A session based on mummies or daddies to workout with your new addition to the family and get the body back you had 10 months ago

BlockFit – A revolutionary new class and the 1st in SHEFFIELD, based on 4 exercise methods all in one class; HIIT, DANCE, COMBAT & finishes with YOGA