



## TABATA Circuit Class

John Turner - REPS Level 3 Personal Trainer  
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### What is TABATA?

A fun, high intensity interval workout designed to torch calories and blast the whole body. Through a range of exercises using your own body weight and various training aids, this 30 minute workout will challenge you and push you to break through your limits. All exercises are adaptable, making this class suitable for all levels of fitness and ability.

\*\*\* Burn over  
300 calories  
in just 30  
minutes \*\*\*

£6 per class

Tel - 07939222847

First Class Free - Booking Required

**SORE TODAY**

**STRONG TOMORROW**

Wednesday - 20:30

Sunday - 08:00

The Orchard Centre

Sullivan Court - Biggleswade



\*\*\* TABATA Circuit Class \*\*\*