

SAM WILSON FITNESS

STUDIO SESSIONS TIMETABLE 2018

MONDAY

HOTMAMA

1915-2000

Wyvern Sports Hall

FIT4BIRTH

FITMUM

PRE & POST NATAL
TRAINING

TUESDAY

FITMUM

0930-1030

Willowbed Hall, Chickerell

FIT4BIRTH

1815-1915

Wyvern Sports Hall

HOTMAMA HIIT

1930-2015

Wyvern Sports Hall

WEDNESDAY

HOTMAMA WEIGHTS

0930-1015

Redlands Leisure Centre

Pregnancy Yoga

1800-1900

St Aldhelms Church Centre

HOTMAMA WEIGHTS

1930-2015

Redlands Leisure Centre

THURSDAY

FITMUM

0930-1030

St Aldhelms Church Centre

FRIDAY

HOTMAMA

1830-1915

Weymouth Fire Station, Radipole Lane

HOTMAMA

SUMMER BODIES
ARE MADE IN WINTER

CONTACT ME TO BOOK OR FOR MORE INFORMATION
MOST SESSIONS ARE PRE BOOKING ONLY EXCEPT WHERE SHOWN *

@SamWilsonFitness 07947 581180