

SAT 10TH SEPT
OPEN DAY

2ND
BIRTHDAY
FITNESS
FIESTA

FREE FITNESS EVENT 2-6PM



SCAN ME

SPECIAL MEMBERSHIP
OFFERS FOR SIGN UPS ON THE DAY

FREE CLASSES | BRING YOUR FRIENDS | BOOK VIA APP | BAR OPEN ALL DAY
FOOD | DRINKS | GYM CHALLENGES AND PRIZES TO BE WON

STUDIO



TEAM TEACH FOR ALL CLASSES

2PM - BODY COMBAT - DEBBIE | CHARLIE

3PM - LBT - LUCY | FRANCESCA

4PM - ZUMBA FINALE SPECIAL - LUCY | CHARLIE | SUMMER

5PM - BODY PUMP - JANET | CHARLENE

SPIN | STUDIO



3PM - SPIN LAUNCH - DJ WITH DAN & CHARLIE

5PM - SPIN - FRANCESCA

FIIT ZONE



2.30PM - FIIT ZONE - SUMMER | FYNN

4.30PM - FIIT ZONE - KETTLEBELL SPECIAL | MATT

SQUASH | COURTS



FREE SQUASH & RACKETBALL TASTER

SESSIONS. OPEN TO ALL LEVELS WITH ONE OF OUR COACHES.

AFTER PARTY | DJ DAN

6PM TILL LATE - IN OUR BAR

GET INVOLVED. GET FIT. HOVEFITNESSANDSQUASH.COM