

TWO OPTIONS TO SUIT YOUR PREFERENCE. CHOOSE TO **DROP-IN OR GO UNLIMITED.**



DROP-IN CLASSES: £5/class

UNLIMITED CLASSES: £40/month

The SOS Fitness way is always to provide effective and fun classes to anyone who wishes to attend. Whether you are just starting out and want to see what we can do together, or are someone who likes to go all-in when they take on a challenge... then the extra value of the unlimited class option is probably for you! Choose either and you'll find a wide range

of daily class types. From traditional styles like 'Bootcamps' and 'Boxing', to new approaches like 'Pilates' (*movement flexibility and building core strength*) and the mega fat-burning 'Metafit' classes (*mix of high intensity interval training with body weight exercises*). **Which class type should you choose?**

COME ALONG TO ONE OF TEAM CLASSES AND THE FIRST SESSION IS COMPLETELY FREE!

#	DAY	CLASS TYPE	TIME	MEETING POINT
1	MONDAY	BOOTCAMP	19:00 - 20:00	THE JOURNEY PT CENTRE
2	TUESDAY	METAFIT	20:00 - 20:30	THE JOURNEY PT CENTRE
3	WEDNESDAY	PILATES	18:00 - 19:00	THE COMMODORE
4		BOXING	19:00 - 20:00	THE COMMODORE
5	THURSDAY	BOOTCAMP	18:30 - 19:30	THE COMMODORE
6		PIYO	19:30 - 20:30	THE COMMODORE
7	FRIDAY	METAFIT	18:30 - 19:00	THE JOURNEY PT CENTRE
8	SATURDAY	RUNNING HIIT (NEW!)	10:00 - 11:00	THE JOURNEY PT CENTRE



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