



APPLEBEES FITNESS

HEALTH | LIFE | LEISURE

MON	TUES	WEDS	THURS	FRI
TAUNTON				
	FIREFIT 6.30PM #FEELTHEBURN	COREFIT 6.30pm #COREFIT		
BOXFIT 7.30PM #BOXFIT	MOVEFIT 7.15PM #WELIKETOMOVEFIT	HIITFIT 7.15PM #GETHIITFIT		
WELLINGTON				
HIITFIT 7PM #GETHIITFIT				MOVEFIT 7PM #WELIKETOMOVEFIT

HIITFIT - Expect high intensity interval training followed by Boxing to give you a full body conditioning workout

BOXFIT - A boxing class with techniques, drills and floor work to get your heart rate pumping!

FIREFIT – A scenario based bootcamp inspired by drills from the fire service, to strengthen and condition your functional movement!

MOVEFIT - A class designed to strengthen and stretch your weak areas to move more effectively!

COREFIT – Tighten those abs, back and glutes for better posture and core stability

TBC-to be confirmed

www.applebeesfitness.co.uk/joinourcommunity



 COACH, FRENCH WEIR PARK, TAUNTON

 WELLINGTON CRICKET CLUB, WELLINGTON

 WELLINGTON COMMUNITY CENTRE, WELLINGTON

