



APPLEBEES FITNESS

HEALTH | LIFE | LEISURE

MON	TUES	WEDS	THURS	FRI
TAUNTON				
BOXFIT 7.30PM #BOXFIT	FIREFIT 6.30PM #FEELTHEBURN	COREFIT 6.30pm #COREFIT		
	MOVEFIT 7.15PM #WELIKETOMOVEFIT	HIITFIT 7.15PM #GETHIITFIT	DANCEFIT 6.30pm #DANCEDANCE	
WELLINGTON				
HIITFIT 7PM #GETHIITFIT				BOXFIT 8.15PM #BOXFIT

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 – Scenario inspired 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

DANCEFIT – Dance your way fit with dancefit, improve fitness, tone up and have a good laugh!

www.applebeesfitness.co.uk/joinourcommunity



COACH, FRENCH WEIR PARK, TAUNTON

WELLINGTON CRICKET CLUB, WELLINGTON

WELLINGTON COMMUNITY CENTRE, WELLINGTON

