

# TIMETABLE

<b>Monday 06:30 - 07:15</b>	<b>EXPLODE</b>	<b>Jo</b>	<b>Tribe Zone</b>
<b>Monday 09:15 - 10:00</b>	<b>SURVIVE</b>	<b>Jo</b>	<b>Tribe Zone</b>
<b>Monday 11:00 - 11:50</b>	<b>STRONGER FOR LONGER</b>	<b>Claire</b>	<b>Tribe Zone</b>
<b>Tuesday 12:30 - 13:15</b>	<b>POWER UP</b>	<b>Jo</b>	<b>Tribe Zone</b>
<b>Wednesday 07:00 - 07:45</b>	<b>BURN</b>	<b>Jo</b>	<b>Tribe Zone</b>
<b>Thursday 12:30 - 13:15</b>	<b>SURVIVE</b>	<b>Mark</b>	<b>Tribe Zone</b>
<b>Thursday 17:45 - 18:30</b>	<b>EXPLODE</b>	<b>Mark</b>	<b>Tribe Zone</b>
<b>Friday 06:30 - 07:15</b>	<b>SURVIVE</b>	<b>Mark</b>	<b>Tribe Zone</b>
<b>Friday 12:30 - 13:15</b>	<b>EXPLODE</b>	<b>Jo</b>	<b>Tribe Zone</b>
<b>Friday 17:15 - 18:00</b>	<b>BURN</b>	<b>Jo</b>	<b>Tribe Zone</b>
<b>Saturday 10:30 - 11:15</b>	<b>POWER UP</b>	<b>Mark</b>	<b>Tribe Zone</b>

## PRICING

**£50** for 4 sessions (**£12.50 / session**)

**£92** for 8 sessions (**£11.50 / session**)

**£126** for 12 sessions (**£10.50 / session**)

**£90** Go Bespoke package (**Up to 8 people**)

Maximum of 8 people per session, limited to ensure each person gets a fantastic workout and personal time with our Coach.

**Join The Tribe now and fast track your way to results**

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