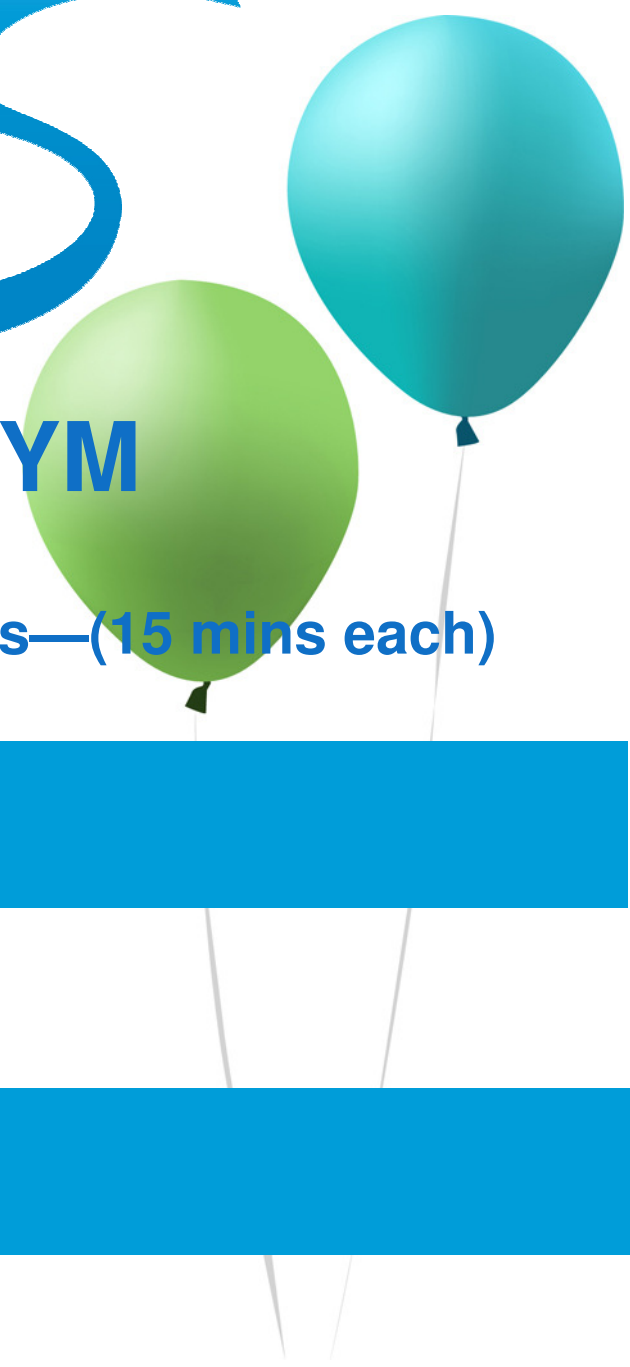




WHAT'S ON - GYM



9.00am Personal training taster sessions—(15 mins each)

9.15am Abs Blitz class

9.30am Lords 'push up' competition

9.45am Lords '500m row' competition

10.00am Gym circuit class (20 mins)

10.30am Event presentations (main studio)

11.00am Personal training taster session (15 mins each)

11.15am Abs Blitz class

11.30am Lords '1km run' competition

11.45am Lords 'chin ups' competition

12.00noon Gym circuit class (20 mins)