



COTSWOLD  
WELLNESS

# PERSONAL TRAINING & GROUP FITNESS AT THE NUTTERY, NOTGROVE

**-Personal training sessions and a range of great classes,  
in a relaxed and friendly setting-**

## **Class Timetable:**

Tuesdays 09:30-10:30 - Cardio Blend

Tuesdays 10:45-11:45 - Strength & Stretch

Thursdays 09:30-10:30 - Circuits

£12 per class (booking required using reference: NOT23)



**For more information please contact Kate at Cotswold Wellness**

**[www.cotswoldwellness.co.uk/enquiry](http://www.cotswoldwellness.co.uk/enquiry)**

**or**

**07779 121 447/ [Kate@cotswoldwellness.co.uk](mailto:Kate@cotswoldwellness.co.uk)**