



COTSWOLD
WELLNESS

PERSONAL TRAINING & GROUP FITNESS CLASSES AT THE NUTTERY, NOTGROVE

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

Class Timetable:

Mondays 09:15-10:15 - Cardio Blend

Tuesdays 09:15-10:15 - 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 or

07779 121 4471 kate@cotswoldwellness.co.uk