

Group Exercise Timetable

MON

TUES

WEDS

THUR

FRI

**BODY BLITZ
CIRCUITS**

9.00 -10.00 AM

Lac Chavants

Les Houches

KETTLERCISE

9:00-10:00 AM

Running Track

Chamonix

KETTLERCISE

9:00-10:00 AM

Running Track

Chamonix

KETTLERCISE

19.00 - 20:00 PM

Running Track

Chamonix

**To book or enquire about a fitness class please email
info@progressionfit.com or call/text Tel: 00 33 (0) 645 419781**