



JEREMY BINGHAM
PERSONAL TRAINING

WEEKLY CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.00am	Circuits Stratford Park Leisure Centre		Spin Stratford Park Leisure Centre	Spin Stratford Park Leisure Centre		
8.00am						Bootcamp Rodborough Fields
9.30am	Spin Stratford Park Leisure Centre				Spin Stratford Park Leisure Centre	
6.00pm		Bootcamp* Stratford Park or Leonard Stanley Village Hall				

*Tuesday Bootcamp: April - October Outside at Stratford Park by the picnic benches / October - March Inside at Leonard Stanley Village Hall

BOOKING: to book a place at Bootcamp call Jeremy (£5 per session) • to book a place at Circuits/Spin call Stratford Park Leisure Centre on 01453 7667711

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