







**CLAREMONT HALL, CLAREMONT ROAD, SEAFORD  
SCHEDULE 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9.00am–10.00am <b>3D Circuits</b>
6.00pm–7.00pm 		6.30pm–7.00pm ABS Weight Loss Club	5.50pm–6.50pm 		
7.00pm–8.00pm 		7.00pm–8.00pm <b>3D Circuits</b>		7.00pm–8.00pm 	

**FREE INTRODUCTORY LESSON**

10 class vouchers £48.00 or pay as you go £5.50 per lesson  
Monthly Membership £45.00 allows entry to all classes

**CALL CLAIRE ON 01323-896600 OR 07711-890956**

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