



M.A.E.P.S Early Morning Boot Camp

Staff in charge:

- Mr Thompson**

In these sessions YOU will:

- Start the day, the right way.**
- Feel happier.**
- Chat with friends and staff.**
- Improve your health and fitness.**

What happens in a session?

- Take part in a range of different stations improving your overall health and fitness.**

Times:

Tuesday: 08:45am – 09:10am

ALL GENDERS AND ABILITY WELCOME!