



We are now into March with pancake day here and Easter and Ramadam fast approaching

We have added a couple of changes to the new timetable. Yoga on a Sunday is now at 8:30 and we have added an extra Powerwave class on Sunday at 9:30

The launch of our 21 Day Cleanse has been a great success. So far from our members who have been on the cleanse we have had an overall weight loss of 60lb and a lot more energized and healthy ladies. Please come and see us in the gym if you would like more information or email us at [Girlsallowedgyms@yahoo.com](mailto:Girlsallowedgyms@yahoo.com). Also please let your friends know as this is also open to non members!



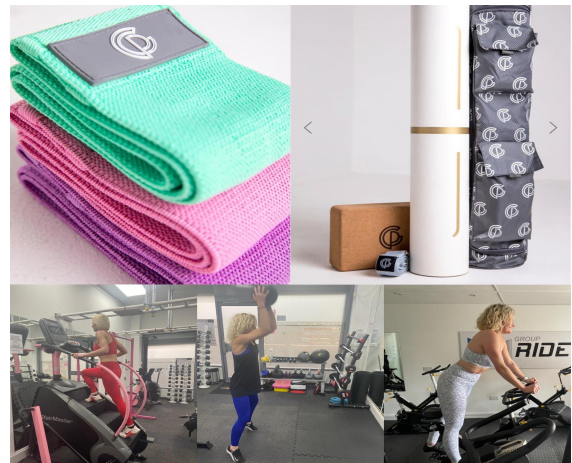
**GIRLS TEEN GYM SESSIONS**  
**AGES 13-16**  
**EVERY TUESDAY**  
**@ 5PM**  
 TERM TIME ONLY  
 COMMENCING  
 TUESDAY 1 MARCH 2022  
 £25 FOR ALL 5 SESSIONS TO END OF TERM 1 APRIL 2022  
**BOOK NOW!! SPACES ARE LIMITED!!**



**GIRLS ALLOWED GYMS**  
**RIDE AND TONE**  
**KIDS GYM SESSIONS**  
**WITH ALEESHA**  
 STARTING  
 MONDAY 14 MARCH 2022  
**FROM AGES 10-16 YEARS**  
**£6 A SESSION**  
**BOOK NOW!! SPACES ARE LIMITED!!**  
 HELP IMPROVE ENDURANCE AND FITNESS  
 STRENGTHEN MUSCLES AND SHAPE & TONE THE BODY

Don't Forget to book those Troublesome Teens on to one of our new teen classes starting this month

We have some new clothing & gym accessories arriving this week. Don't miss out our stock is limited! Hot models not included.



It's Party Time!!!! Our second social night of 2022 will be Thursday 24th March. There will be a Box Bootcamp class at 18:15 plus mini treatments in Sunrayz and drinks in JJ's. £10 for class plus refreshments £20 for class, refreshments & mini treatment in Sunrayz

If you can't attend but want to join in the fun we will also be selling raffle tickets Please come and see us in the gym or email us at [Girlsallowedgyms@yahoo.com](mailto:Girlsallowedgyms@yahoo.com) to buy your tickets and book your treatment and class space