

# BROOKLYN

## HOCKEY & SPORT CLUB

076 272 4434 : 082 337 5616

Steven. : Cobie

lose weight  
& get fit!



NEW YEAR'S RESOLUTION 2022

**Prices : (January pro rata)**

R500 pm (2 sessions/week)

R550 pm (3 sessions/week)

R650 pm (4+sessions/week)

**Start date:**  
**17 Jan**

### Weekly 6am-7am :

Monday: Bootcamp

Tuesday: Yoga

Wednesday: Bootcamp

Thursday: Yoga

Friday: Stretch

### Weekly 5pm-6pm :

Monday: Strength&Conditioning

Tuesday: Bootcamp

Wednesday: Stretch

Thursday: Strength&Conditioning

Friday: Bootcamp

<https://forms.gle/cKcNrScbjFGoTrhg7>



[www.hockeycompanytshwane.com](http://www.hockeycompanytshwane.com)

