



TESSA CARNEGIE
PERSONAL TRAINING

TOTAL BODY WORKOUT

Challenge yourself to feel fitter, stronger and leaner. Hour long, mixed ability training sessions.

Monday	BECKLEY playing field	9.15 am
Tuesday	NOKE playing field	9.30 am
Thursday	ISLIP playing field	9.15 am

Fun, varied & invigorating!

Private one-to-one training available, contact **TESSA** to discuss
07931 534542 OR **tlc@tessacarnegie.com**
Please visit website for more information **www.tessacarnegie.com**