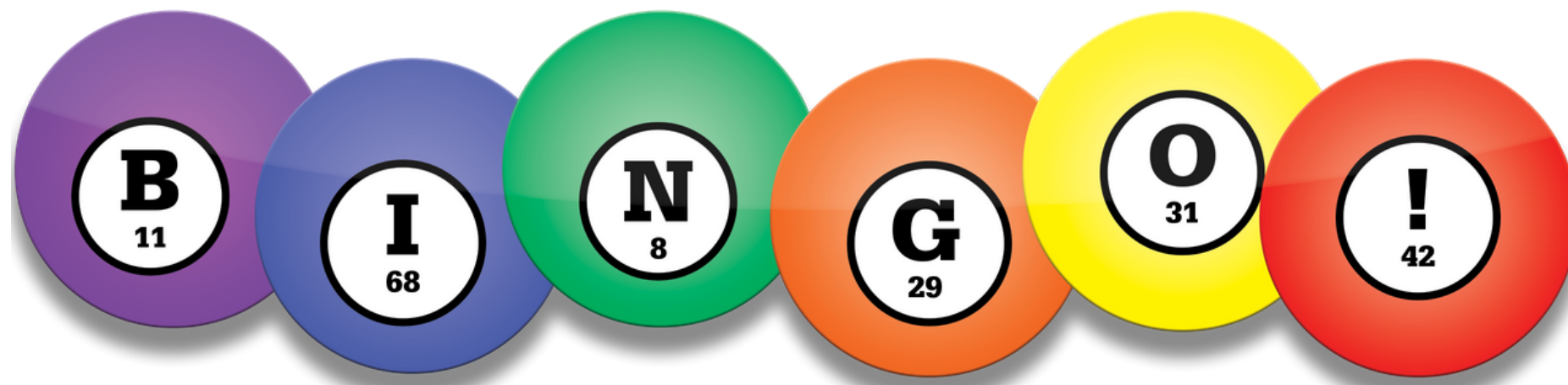


STUDIO 3 myzone INTERMEDIATE TWENTY 3 CHARITY BINGO



FULL NAME _____

EMAIL ADDRESS _____

BURN 300 CAL
IN ONE WORKOUT

SPEND 20 MINS
IN THE YELLOW ZONE

RUN, CYCLE, ROW,
FOR 30 MINS X4

EARN 2000+ MEPS

POST YOUR
WORKOUT X4
@STUDIO_TWENTY_3

COOK A MEAL FROM
STUDIO TWENTY 3
COOKBOOK X4

FITNESS TEST
AT START & FINISH
SQUATS
60S

ATTEND 4 CLASSES
OR PT SESSIONS

DRINK 2L OF
WATER A DAY

WORKOUT X3
A WEEK

1 MIN PLANK
OR
WALL SIT

WORKOUT WITH A
STUDIO TWENTY 3
FAMILY MEMBER

Please hand into the studio or email admin@studiotwenty3.co.uk