

# CLASS TIMETABLE

September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYSCULPT 09.45 – 10.30	AQUA 10.15 -11.00	STRETCH& SCULPT 09.30-10.30	PILATES 09.30 – 10.15	BODYSCULPT 09.30 – 10.15	AQUA 09.00 - 09.45	YOGA 10.00 – 11.15
YOGALATES 11.00-11.45	FITBALL 10.40-11.30	PILATES 11.00-12.00	<b>From 10th September</b> LATINO FIT 10.45-11.30	BEGINNER PILATES 10.45 – 11.30	WEIGHTS CIRCUIT 10.00-10.45	
<b>From 14th September</b> DANCE CLASS 1.15-2.00	PILATES 11.45-12.45	YOGA 18.30-19.15	MOVE & MOTIVATE 13.15 - 14.00	TAI CHI 12.00 – 13.00		
PILATES 18.15-19.15	YOGA & CORE 18.15-19.15		BODYSCULPT 18.15-19.15			

More classes will be added when guidelines permit

Please book by calling us on 01534 639 393 or visiting reception up to 7 days in advance