



CLASS TIMETABLE

Updated 03/11/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYSCULPT 09.45 – 10.30	AQUA 10.15 -11.00	STRETCH & SCULPT 09.45 -10.40	PILATES 09.30 – 10.15	BODYSCULPT 09.30 – 10.15	AQUA 09.00 - 09.45	LATINO 09.00- 10.00
YOGALATES 11.00-11.45	FITBALL 10.40-11.30	PILATES 11.00-12.00	AQUA 10:15 - 11:00	STRETCH & SCULPT 10.45 – 11.30	WEIGHTS CIRCUIT 10.00-10.45	YOGA 10.15 – 11.30
DANCE CLASS 1.15-2.00	PILATES 11.45-12.45	YOGA 18.30-19.45	LATINO FIT 10.30-11.30	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