



## TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45am		Strength/Toning (45 mins)			Strength/Toning (45 mins)		
9.15am		Strength/Toning (45 mins)			Strength/Toning (45 mins)		
9.00am						Flow 45 (45 mins)	
9.30am	Legs, Bums and Tums (45 mins)						High Intensity Interval Training (45 mins)
10.00 am				Pilates (45 mins)		Yoga Sculpt (45 mins)	
10.15am		Pilates (45 mins)					
10.30am	Gentle Hatha Yoga				Well Women Weekly		YOU Slow Flow
5.15pm				Strength/Toning (45 mins)			
5.30pm							Well Women Weekly
6.00pm		Beginners Flow					
6.15pm			Prana Flow (hot)				
6.30pm	Yoga Sculpt (45 mins)			Beginners Flow	Yogalates (45 mins)		
7.00pm							Yin Yoga with Nidra (75 mins)
7.30pm		YOU Flow	YOU HOT Slow Flow				
8.00pm				Restore the Balance			

All classes are an hour long unless specified otherwise.

Multiple class passes are more cost effective and details of the options are on our website - or pop in to see us. We also have a monthly unlimited use membership package available which is financially beneficial to those of you doing 2 or more classes a week and costs £65 per month.