



# Timetable

## Sept 21

<b>Monday</b>	<b>Class Type</b>	<b>Teacher</b>	<b>Price</b>
7:45-8:30am	Yoga Bootcamp	Chris	£5.50
10:00-11:00am	Just Yoga	Bram	£8.50
12:00-12:45pm	Zen2Spin	Chris	£5.50
18:00-18:45pm	Zen2strength	Nabila	£5.50
18:00-19:00pm	Beginners Yoga	Bram	£8.50
18:50-19:05pm	Core Express	Nabila	£5.50
19:15-20:00pm	Yin Yoga	Nabila	£5.50
<b>Tuesday</b>			
6:45-7:30am	Attack	Nabila	£5.50
9:30-10:30am	Gentle Yoga	Chris	£8.50
12:00-12:30pm	Body Pump	Chris	£5.50
18:45-19:45pm	Indian Hatha Yoga	Chris	£8.50
20:00-20:30pm	Relax & Unwind	Chris	£5.50
<b>Wednesday</b>			
7:30-8:15am	Yoga Breathe Wakey Wakey	Dave	£5.50
9:30-10:30am	Restorative Yoga	Chris	£8.50
12:00-12:15pm	Circuits	Iain	£5.50
18:00-18:45pm	Body Pump	Nabila	£5.50
19:00-20:00pm	Pilates	Catherine	£8.50
19:30-20:30pm	Svadyaya Yoga	Jackie	£8.50
19:30-20:30pm	Pilates	Catherine	£8.50
<b>Thursday</b>			
9:30-10:15am	Zen2spin	Iain	£5.50
12:00-12:45pm	Beginners Yoga	Jackie	£8.50
16:30-17:15pm	Sh'Bam	Bram	£5.50
17:30-18:30pm	Hatha Yoga	Bram	£8.50
17:30-18:15	Attack	Nabila	£5.50
18:35-19:05pm	Zen2core Xpress	Nabila	£5.50
20:00-21:00pm	Yin Yoga	Fiona	£8.50
<b>Friday</b>			
6:30-7:15am	Body Pump	Chris	£5.50
7:45-8:30am	Yoga Bootcamp	Chris	£5.50
9:30-10:30am	Hatha Yoga	Bram	£8.50
16:30-17:00pm	Barre	Nabila	£5.50
17:30-18:00pm	Zen2core	Nabila	£5.50
18:15- 19:15pm	Slow Flow	Nabila/Fiona	£8.50
<b>Saturday</b>			
9:00-9:45am	Zen2spin	Chris	£5.50
10:00-11:00am	Saturday Slow Flow	Chris	£8.50
<b>Sunday</b>			
9:15-10:00am	Zen2spin	Chris	£5.50
10:30-11:30am	Sunday Vinyasa Flow	Nabila	£8.50
12:00-12:30pm	Attack	Nabila	£5.50
18:00-19:00pm	Advanced Pilates	Catherine	£8.50
16:00-17:00pm	Svadyaya Yoga	Jackie	£8.50