



Timetable

Dec 21

Monday	Class Type	Teacher	Price
6:30-7:15am	Body Balance	Chris	£5.50
9:30-10:30am	Just Yoga	Chris	£8.50
12:00-12:45pm	Zen2Spin	Chris	£5.50
18:00-18:45pm	Zen2strength	Chris	£5.50
18:00-19:00pm	Beginners Yoga	Bram	£8.50
18:50-19:05pm	Core Express	Chris	£5.50
19:15-20:00pm	Yin Yoga	Chris	£5.50
Tuesday			
9:30-10:30am	Gentle Yoga	Chris	£8.50
12:00-12:30pm	Body Pump	Chris	£5.50
18:00-18:30pm	Zen2spin Xpress	Chris	£5.50
19:00-20:00pm	Indian Hatha Yoga	Chris	£8.50
Wednesday			
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	Chris	£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
Thursday			
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
18:45-19:30pm	Body Balance	Chris	£5.50
20:00-21:00pm	Yin Yoga	Fiona	£8.50
Friday			
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
17:30-18:00pm	Zen2core	Chris	£5.50
18:15- 19:15pm	Slow Flow	Fiona	£8.50
Saturday			
9:00-9:45am	Zen2spin	Chris	£5.50
10:00-11:00am	Saturday Slow Flow	Chris	£8.50
Sunday			
9:15-10:00am	Body Pump	Chris	£5.50
10:30-11:30am	Sunday Vinyasa Flow	Chris	£8.50
18:00-19:00pm	Online Advanced Pilates	Catherine	£8.50

Closed 22 Dec 21 to 5 Jan 22