



Timetable

30 Aug to 15 Sept

(LS) Available Livestream (V) Virtual Class

Date	Day	Class Type	Teacher	Price
30/08/24	Friday	6:30-7:15am	Body Pump (LS)	Nabila £ 6.00
		7:45-8:30am	Ashtanga Mysore	Rebecca £ 8.00
		9:30-10:30am	Hatha Yoga (LS)	Bram £ 10.00
		11:00-12:00pm	Mother & Baby Yoga	Gilly EXT
		13:00-14:00pm	Mother & Baby Yoga	Gilly EXT
		15:45-16:15pm	Little Yins Yoga (P1-3)	Giselle £ 4.00
16:30-17:10	Kids Yoga (P4-7)	Giselle £ 4.00		
31/08/24	Saturday			
		8:45-9:30am	Zen2spin	Nabila £ 6.00
		10:00-11:00am	Yoga Basics (LS)	Gilly £ 10.00
01/09/24	Sunday			
		9:15-10:00am	Body Pump (LS)	Nabila £ 6.00
		10:30-11:30am	Yoga for Hips & Hamstrings (LS)	Nabila £ 10.00
		12:00-12:45pm	Zen2fit - Aerobics	Nabila £ 6.00
02/09/24	Monday			
		9:30-10:30am	Just Yoga (LS)	Bram £ 10.00
		17:00-17:45pm	Pregnancy Yoga	Gilly EXT
		18:00-18:45pm	Body Pump	Nabila £ 6.00
		19:00-20:45pm	Yoga Basics (LS)	Nabila £ 8.00
		20:00-20:45pm	Wind Down Yoga Flow	Jackie £ 8.00
03/09/24	Tuesday			
		6:30-7:15am	Zen2fit (Aerobics) (LS)	Nabila £ 6.00
		12:00-12:45pm	Zen2spin	Virtual £ 6.00
		18:00-18:30pm	Zen2spin Express	Nabila £ 5.00
		19:00-20:00pm	Indian Hatha Yoga (LS)	Gillian £ 10.00
04/09/24	Wednesday			
		6:30-7:15am	Zen2spin	Virtual £ 6.00
		9:30-10:30am	Yoga for Everyone (LS)	Bram £ 10.00
		12:00-12:45pm	Body Pump	Virtual £ 6.00
		18:15-19:00pm	Ashtanga (LS)	Fiona £ 10.00
05/09/24	Thursday			
		9:30-10:30am	Yoga for All with myofascial release (LS)	Jackie £ 10.00
		12:00-12:45pm	Zen2spin	Virtual £ 6.00
		18:00-18:45pm	Body Pump	Virtual £ 6.00
		20:00-21:00pm	Yin Yoga (LS)	Fiona £ 10.00
06/09/24	Friday			
		6:30-7:15am	Body Pump (LS)	Virtual £ 6.00
		9:30-10:30am	Hatha Yoga (LS)	Bram £ 10.00
		11:00-12:00pm	Mother & Baby Yoga	Gilly EXT
		13:00-14:00pm	Mother & Baby Yoga	Gilly EXT
		15:45-16:15pm	Little Yins Yoga (P1-3)	Giselle £ 4.00
16:30-17:10	Kids Yoga (P4-7)	Giselle £ 4.00		
07/09/24	Saturday			
		8:45-9:30am	Zen2spin	Virtual £ 6.00
		10:00-11:00am	Yoga Basics (LS)	Fiona £ 10.00
08/09/24	Sunday			
		9:15-10:00am	Body Pump (LS)	Virtual £ 6.00
		10:30-11:30am	Yoga for Hips & Hamstrings (LS)	Jackie £ 10.00
09/09/24	Monday			
		9:30-10:30am	Just Yoga (LS)	Bram £ 10.00
		18:00-18:45pm	Body Pump	Nabila £ 6.00
		19:00-20:45pm	Yoga Basics (LS)	Nabila £ 8.00
		20:00-20:45pm	Wind Down Yoga Flow	Jackie £ 8.00
10/09/24	Tuesday			
		6:30-7:15am	Zen2fit (Aerobics) (LS)	Nabila £ 6.00
		12:00-12:45pm	Zen2spin	Virtual £ 6.00
		18:00-18:30pm	Zen2spin Express	Nabila £ 5.00
		19:30-20:30pm	Indian Hatha Yoga (LS)	Jackie £ 10.00
11/09/24	Wednesday			
		6:30-7:15am	Zen2spin	Virtual £ 6.00
		9:30-10:30am	Yoga for Everyone (LS)	Bram £ 10.00
		12:00-12:45pm	Body Pump	Virtual £ 6.00
		18:15-19:00pm	Ashtanga (LS)	Nabila £ 10.00
12/09/24	Thursday			
		6:30-7:15am	Zen2fit (Aerobics) (LS)	Nabila £ 6.00
		9:30-10:30am	Yoga for All with myofascial release (LS)	Jackie £ 10.00
		12:00-12:45pm	Zen2spin	Virtual £ 6.00
		18:00-18:45pm	Body Pump	Nabila £ 6.00
		19:00-19:45pm	Yoga for Back & Shoulders (LS)	Nabila £ 8.00
13/09/24	Friday			
		6:30-7:15am	Body Pump (LS)	Nabila £ 6.00
		7:45-8:30am	Ashtanga Mysore	Rebecca £ 8.00
		9:30-10:30am	Hatha Yoga (LS)	Bram £ 10.00
		15:45-16:15pm	Little Yins Yoga (P1-3)	Giselle £ 4.00
		16:30-17:10	Kids Yoga (P4-7)	Giselle £ 4.00
14/09/24	Saturday	NO CLASSES		
15/09/25	Sunday			
		9:15-10:00am	Body Pump (LS)	Nabila £ 6.00
		10:30-11:30am	Yoga for Hips & Hamstrings (LS)	Nabila £ 10.00
		12:00-12:45pm	Zen2fit - Aerobics	Nabila £ 6.00