

May Bank Holiday

FITNESS TIMETABLE

(Monday 27th May)

AM

8:15 - 9:00

Circuits
with Danny

9:15 - 10:15

Pilates
with Beth

9:30 - 10:15

Zumba
with Jack

9:40 - 10:15

Stages Cycle
with Charlie

9:45 - 10:30

Outdoor Bootcamp
with Kelly

10:30 - 11:15

Freestyle Pump
with Helena

10:45 - 11:30

Outdoor Bootcamp
with Charlie

11:30 - 12:15

Postnatal Circuits
with Kelly

11:45 - 12:45

Pilates
with Beth

PM

12:30 - 13:15

Low Impact Workout
with Kelly

18:15 - 19:00

Stretch Yoga
with Emma

18:15 - 19:00

Outdoor Boxercise
with Millie

18:15 - 19:00

Circuits
with Kelly

19:05 - 20:05

Jazz Dance
with Kelly

