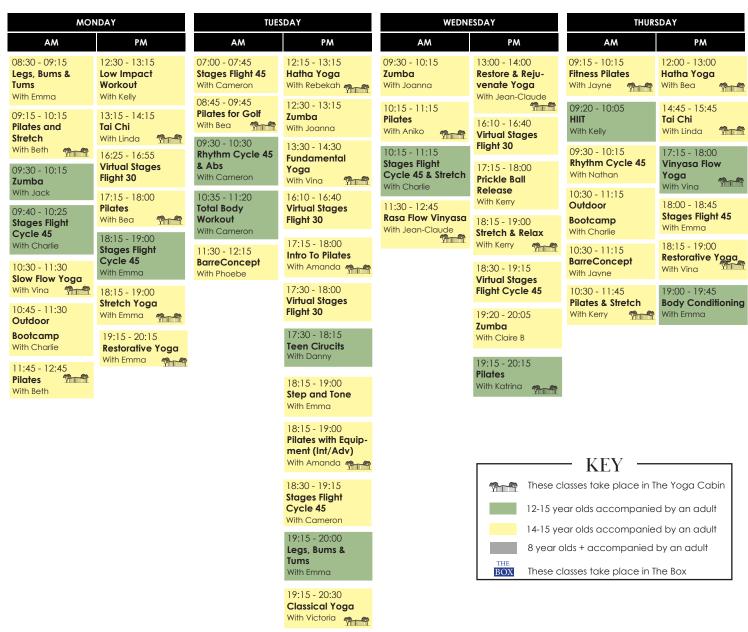
FITNESS TIMETABLE for 12-15 year olds



FRIDAY		
AM	PM	
09:00 - 9:25 Core & Abs With Danny	12:00 - 13:00 Stretch Yoga With Kerry	
09:30 - 10:15 Stages Cycle With Neil	17:15 - 18:00 Teen Fitness & Flexibility With Isla	
09:35 - 10:20 Legs, Bums & Tums With Emma	17:15 - 18:15 Core Yoga Fusion With Kerry	
10:45 - 11:45 Restorative Pilates With Amanda	18:00 - 18:45 Virtual Stages Flight 30	

SATURDAY		
AM		PM
09:00 - 09:55 Legs, Bums & Tum With Kerry	s	12:00 - 12:45 Family Functional Fitness With Joanna
09:30 - 10:15 Stages Flight Cycl With Sarah	e 45	13:00 - 13:45 Family Functional Fitness With Danny
10:15 - 11:15 Pilates With Kerry		17:15 - 18:15 Hatha Yoga &
11:30 - 12:15 Stretch & Relax With Kerry		Meditation With Sandra

SUNDAY			
AM	PM		
09:15 - 10:00 Body Conditioning With Emma	17:15 - 18:15 Gentle Hatha Yoga & Strecth		
09:30 - 10:45 Hatha Yoga With Vina	With Lizzie		
10:10 - 11:10 Stages Flight Cycle 60 With Neil			
10:15 - 11:00 Dance Fit With Phoebe			
10:55 - 11:55 Restorative Yoga and Meditation With Vina			

12-15 YEAR OLD GYM TIMES

Term time: Mon-Thurs 3-5pm, Fridays 3-9:30pm, Sat-Sun 12-7:30pm Holidays: Mon-Thurs 12-5pm, Fridays 12-9:30pm, Sat-Sun 12-7:30pm

Must be accompanied by an adult whilst using the gym, and have had a gym induction with a member of the fitness team. Email fitness@foxhills.co.uk to book an induction.

JUNIOR PERSONAL TRAINING

60 mins: £40 | 11 x 60 mins: £400 30 mins: £25 | 11 x 30 mins: £250