

Easter Bank Holiday Weekend

FITNESS TIMETABLE

Friday 18th - Monday 21st April

Friday 18th

- 8:00 - 9:00**
Intro to Reformer
with Megan
- 8:30 - 9:15**
Functional Fitness
with Luke
- 9:30 - 10:15**
Stages Cycle
with Luke
- 9:30 - 10:30**
Joint Release Yoga
with Rebekah
- 9:35 - 10:20**
Legs, Bums & Tums
with Magda
- 10:45 - 11:30**
Freestyle Pump
with Helena
- 10:45 - 11:45**
Restorative Yoga
with Amanda
- 11:35 - 12:20**
Postnatal Pilates
with Helena
- 16:00 - 17:00**
Reformer Pilates
with Kelly
- 17:15 - 18:15**
Pilates and Stretch
with Kelly

Saturday 19th

- 7:45 - 8:45**
Reformer Pilates
with Kerry
- 8:00 - 8:45**
Circuits
with Rebekah
- 9:00 - 9:45**
Running Club
with Kat
- 9:00 - 9:55**
Legs, Bums & Tums
with Kerry
- 9:05 - 10:05**
Pilates for Pelvic Health
with Rebekah
- 10:15 - 11:15**
Pilates
with Kelly
- 10:30 - 11:15**
Functional Fitness
with Rebekah
- 11:30 - 12:15**
Stretch & Relax
with Kerry
- 12:00 - 12:45**
Family Functional Fitness
with Rebekah
- 15:00 - 15:45**
Teen Yoga
with Helena
- 16:00 - 17:00**
Pilates
with Helena
- 17:15 - 18:15**
Yoga & Relaxation
with Helena

Sunday 20th

- 8:45 - 9:30**
Functional Fitness
with Shannon
- 9:30 - 10:45**
Hatha Yoga
with Rebekah
- 9:30 - 12:00**
Cycle Club
with Simon
- 10:10 - 11:10**
Stages Cycle
with Neil
- 10:55 - 11:55**
Restorative Yoga
& Meditation
with Rebekah
- 17:15 - 18:15**
Gentle Hatha Yoga
with Lizzie

Monday 21st

- 9:15 - 10:15**
Pilates and Stretch
with Beth
- 9:40 - 10:15**
Stages Cycle
with Ellie
- 9:40 - 10:25**
Functional Fitness
with Kelly
- 10:35 - 11:20**
Aqua
with Kelly
- 11:00 - 11:45**
Outdoor Bootcamp
with Ellie
- 11:30 - 12:15**
Postnatal Circuits
with Kelly
- 11:45 - 12:45**
Pilates
with Beth
- 12:30 - 13:15**
Low Impact Workout
with Kelly
- 13:15 - 14:15**
Tai Chi
with Linda
- 17:15 - 18:00**
Pilates
with Rebekah
- 17:55 - 18:40**
Boxercise
with Sarah
- 18:15 - 19:00**
Circuits
with Charlotte

