



Timetable Group Classes

Valid from 10th Sep 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
09:00 – 10:00	09:00 – 10:00	09:00 - 09:30	09:00 - 10:00	09:00 – 10:00	08:30 - 09:30
Yoga	Barre	Hiit	Pilates Mat level <2	Barre	Pilates Mat level 2
13:00 - 14:00					
Fit over 50					

Please do always sign up for the classes you would like to join!

Call or SMS to 0739-212888.