October timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7.30am morning Yoga 30min class Wellness	8.15am morning Yoga 45min class	8.15am Fitness pilates 60 mins	8.15am morning Yoga - 9am	Sunrise Yoga 8am-8.45am New extended Time			
	9.15am-9.45am Pilates Fusion using weights New Express Class	9.15am- 9.45am Legs bums and Tums New Express Class	9.15am- 9.45am KETTLE BELLS EXPRESS New Express Class		9.15am Yoga Flow 45mins		
Yoga New time 10.00am- 11.00am				Pilates with Summar 10.30am	Legs Bums and Tums Express 10.00am 30 mins class NEW	10.00 Pilates Fusion 45 minutes New Time	
			11.00-11,45am Pilates with mini ball	12-12.45pm Body Blast a total conditioning class. USING WEIGHTS AND KETTLEBELLS NEW (45 Mins)			
Poles class or Broom sticks . 11.30-12.15pm Pilates based class NEW	11.15pm Bands toning 45 mins	Pilates Express class 30 Minutes of Pilates for Back care 2pm -2.30pm NEW	12.00-12.45pm Zumba	1.15pm Bands toning 45 mins			
				2.15-2.45pm Chair yoga.			
6.30pm - 7.15pm Motown & ABBA Cardio	6.30pm -7.15pm Dance fit Class NEW	Poles class or Broom sticks 6pm -6.45 Pilates based class NEW	6.00pm-6.55pm Yoga and bands New				
New LBT with Emma Brady 7.30pm NEW	Menopause exercise and diet advice USING WEIGHTS 7. 30pm NEW Class	7-00-7.30pm Yoga Chill 30 minutes NEW time	Salsa size with Emma 7.30 pm NEW				
	Relax and stretch 8.15pm -8.45pm New						

Dance classes

Zumba Motown & ABBA Mix Dance fit

Wellness Classes

pilates fusion Yoga, Pilates Fitness pilates Chill and relax Chair yoga Broom sticks stretch and Relax

Body Conditioning classes

Body Blast LBT

Bands Kettlebells

All over Body conditioning

Fitness pilates Menopause class

Nordic Walking

All classes

are brought to you by professional instructors, who have kindly offered their services to my platform

vour membership covers all my classes and the instructors will be offering a limited number of free sessions. the others will be at

the pay as you go price.

Current membership is £25 per month unlimited classes* £60 for 3 months membership

 $\mathfrak L$ 9.99 per week for unlimited sessions, or $\mathfrak L4$ pay as you go.

We will be running a class for diet and Exercise during the menopause