

Spring Classes Timetable

	MON	TUES	WEDS	THUR	FRI	SAT
10:00				<i>Balance</i> 30 mins	<i>Flex</i> 30 mins	<i>Legs Bums & Tums</i> 45 mins
10:30		<i>Flex</i> 30 mins	<i>Mindfulness</i> 15 mins			
11:00		<i>Mindfulness</i> 15 mins	<i>Flex</i> 30 mins	<i>Legs Bums & Tums</i> 45 mins	<i>Pilates</i> 45 mins	<i>Pilates</i> 45 mins
11:30		<i>Pilates</i> 45 mins				
12:00					<i>AQUA</i> 45 mins	<i>Mindfulness</i> 15 mins
13:00						
16:00						<i>Breathe</i> 30 mins
18:00		<i>Legs Bums & Tums</i> 45 mins		<i>Kettlebells</i> 45 mins		
18:45		<i>BOX Fit</i> 45 mins				

From health comes happiness...