

New classes are added regularly, please call the clinic on 01227 473606 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates 7:00-8:00	Pilates 7:00-8:00 Advanced			Yoga 7:00-8:00
			Functional Fitness 8:30-9:30	
Pilates 11.45-12.45	Functional Fitness 11:30-12:30	Pilates 12:00-13:00		
Senior Strength 13:00-14:00	Pilates 13:00-14:00		Pilates 13:00-14:00	Pilates 13:00-14:00
Yoga 17:00-18:00				
	Pilates 18:00-19:00		HITT 18.15-19.15	
	Pilates 19:15-20:15			

Instructors: Dotty Eleni Sophia Fiona