

September New Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30am Yoga	6.30am Yoga	6.30am Yoga	6.30am Yoga	6.30am Yoga	8.15am Yoga live	10.00am Yoga
7.30am Yoga Live	7.30am Yoga Live	7.30am Yoga Live	7.30am Yoga Live	7.30am Yoga Live		
11.00am Body conditioning Live new	8.30am Kettlebells live	8.30am Body conditioning live				
12.00pm Pilates live	11.00am Pilates Fusion live	Legs Bums and Tums 11.00 live	Strength and Resistance 11.00am	Bands 10.30am		
5.30pm Zumba	Body Blast 6.30pm	Body Blast 6pm	Body Fusion 6.pm			