



WELLNESS PROGRAMME

PLEASE BOOK EVENTS THROUGH THE MEMBERS PORTAL

MONDAY	7:30-8:15 Yoga Vinyassa* 7:30-8:00 Tabata 8:15-8:45 Engine Room 9:30 - 10:30 Pilates Strength* 17:30 - 18:15 Barnsgrove Body Sculpt
TUESDAY	7:30-8:15 Mat Pilates* 8:30-9:00 Bootcamp 9:30 - 10:15 Barnsgrove Body Sculpt 17:00-18:00 Yogalates*
WEDNESDAY	7:30-8:15 Group PT 9:30-10:15 Move It Or Lose It 12:00-13:00 Jemimas Running Club 17:30-18:15 Boxercise
THURSDAY	7:30-8:30 Mat Pilates* 7:30 - 8:15 Tabata 17:15-18:00 HIIT
FRIDAY	7:30-8:30 Pilates Strength* 9:30-10:15 TGIFriday 12:00-13:00 Jemimas Running Club
SATURDAY	8:00-8:45 NTFH Body Blast 10:00-11:00 Yoga Vinyassa*
SUNDAY	10:00-10:45 Rockbox