



WELLNESS PROGRAMME

AUTUMN TIMETABLE 2024

MONDAY	08:15 - 8:45 Tabata
	09:30 - 10:00 Engine
	17.30 - 18.15 Barnsgrove Body Sculpt
TUESDAY	08.15 - 08.45 Freestyle Fitness Yoga
	09.45 - 10. 30 Step & Pump
	17.00 - 18.00 Yogalates
WEDNESDAY	08.15 - 08.45 Group PT
	09:30 - 10:15 Move It Or Lose It
THURSDAY	07:30 - 8:15 Pilates
	19.00 - 19.45 Boot Camp Buddies
FRIDAY	08:15 - 9:15 Pilates Strength
	09:30 - 10:15 TGIFriday
SATURDAY	10.00 - 11.00 Yoga Vinyasa
SUNDAY	10.00 - 10.45 RockBox