



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
	12:00 - 13:00	Jemima's Running Club
THURSDAY	07:30 - 8:15	Pilates
	17:15 - 18:00	HIIT
FRIDAY	08:15 - 9:15	Pilates Strength
	09:30 - 10:15	TGIFriday
	12:00 - 13:00	Jemima's Running Club
SATURDAY	10:00 - 11:00	Yoga Vinyasa
SUNDAY	10:00 - 10:45	RockBox