



WELLNESS PROGRAMME

AUTUMN TIMETABLE 2024

MONDAY	08:15 - 8:45 Tabata 09.30 - 10.30 Engine 17.30 - 18.15 Barnsgrove Body Sculpt
TUESDAY	08.15 - 08.45 Bootcamp 09.45 - 10.15 Barnsgrove Body Sculpt 17.00 - 18.00 Yopalates
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 - 8:00 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