

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CIRCUITS DAWN HAYNES SEWELL 9:00 - 10:00	SGPT** VICKY VANCE 9:30 - 10:30	SGPT** VICKY VANCE 9:30 - 10:30	SGPT** VICKY VANCE 9:30 - 10:30	LEGS, BUMS & TUMS* VICKY VANCE 9:30-10:15		SGPT** VICKY VANCE 9:30 - 10:30
	PILATES CHERYL McGLYNN 10:30 - 11:15	SGPT** VICKY VANCE 10:30 - 11:30	SGPT** VICKY VANCE 10:30 - 11:30	SGPT** VICKY VANCE 10:30 - 11:30		
	SGPT** VICKY VANCE 13:30 - 14:30	CIRCUITS* VICKY VANCE 11:30 - 12:30		SGPT** VICKY VANCE 13:30 - 14:30		MEMBERS PAYG £5 per class NON MEMBERS PAYG £8.50 per class *FREE FOR SILVER, GOLD & PLATINUM. † BOOK WITH BETSY CAMPBELL
		PILATES ANITA HOOK 17:00 - 18:00		FULL BODY STRENGTH* VICKY VANCE 17:00 - 18:00		
			YOGA† BETSY CAMPBELL 18:00 - 19:00	SGPT** VICKY VANCE 18:00 - 19:00		
			SGPT** VICKY VANCE 20:00 - 21:00			

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**** CONTACT VICKY VANCE ON 07938813512**

† CONTACT BETSY CAMPBELL TO BOOK YOUR PLACE connect@yogawithbetsy.co.uk

CLASS TYPE	HIGH IMPACT	HOLISTIC	PERSONAL TRAINING
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