



Monday

- 9:30 - 10:30am Pilates with Kerry Yazdanfar - 07825 155056
2.00 - 3.15pm Yoga with Alex Douglas - 07810 098169
6.15 - 7.15pm Pilates with Louise Seymour - 07790 580522
7.15 - 8.15pm Pilates with Louise Seymour - 07790 580522
8:15 - 9:15pm Yoga with Lynne Overett - 07802 259165

Tuesday

- 5:45 - 7:00pm Yoga with Alex Douglas - 07810 098169
7:00 - 8:00pm Yoga with Lynne Overett - 07802 259165
8.00 - 9:30pm NCT Pregnancy Yoga with Pippa Berger - 07914 601083

Wednesday

- 6.00 - 7.00pm Yoga with Jan Palmer - 07985 015510
7.00 - 8.00pm Yoga with Jan Palmer - 07985 015510
8.00 - 9.00pm 20-20-20 Fitness Class with Emma Goodman - 07811 209452

Thursday

- 1.00 - 2.15pm Yoga with Jan Palmer - 07985 015510
7:30 - 8:30pm Pregnancy Wellbeing with Emma Goodman - 07811 209452
8:30 - 9:00pm Stretch & Relax with Emma Goodman - 07811 209452

Friday

- 10:00 - 11:00 BBcise Mum & Baby Yoga with Pippa Berger - 07914 601083
1:15 - 2:15pm Pilates with Kerry Yazdanfar - 07825 155056

Saturday

- 9.30 - 10.30am Pilates with Stephanie Narbeth - 07515 875317

Please contact the instructor direct to book your place