

CLASS TIMETABLE - ACTIVE LIFESTYLES

	CLASS	TIME	LOCATION	COST
MONDAY				
TUESDAY	Keep on Moving (50+) with Annamaria	10.30-11.30AM	Virtual - Online via Zoom	£3
WEDNESDAY				
THURSDAY	Yoga with Will	9.30 - 10.30AM	Virtual - Online via Zoom	£2
FRIDAY	Tone and Stretch (50+) with Agnieszka	11AM - 12PM	Virtual - Online via Zoom	£3
	Keep on Moving (50+) with Susan	1 - 2PM	Virtual - Online via Zoom	£3
SATURDAY	Circuits with Mark	10 - 11AM	Virtual - Online via Zoom	£3
	Chi Gung (Relax and Breathe) with Janet	11.15AM - 12.15PM	Virtual – Online via Zoom	£3
SUNDAY				

TO BOOK, PLEASE EMAIL
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