

CLASS TIMETABLE

Day	Time	Class	Instructor
MON	9.00 am – 9.30 am	Body Tone	Ildi
	10.30 am – 11.15 am	Pilates	Emma
	7.00 pm – 7.45 pm	HiiT Circuits	Will
TUES	9.15 am – 10.00 am	Body Conditioning	Muna
	10.15 am – 10.45 am	Low Impact Walking Workout	Ellie
	11.00 am – 12.00 pm	Yoga	Karen
	6.00 pm – 6.45 pm	Pilates	Sarah
	7.00 pm – 7.45 pm	Fresh Air Circuits	Jules
	8.00 pm – 9.00 pm	Yoga	Hilary
WED	9.00 am – 9.30 am	Body Blast	Ciaran
	10.00 am – 10.45 am	Pilates	Sarah
	6.00 pm – 6.45 pm	T45	Ildi
	7.00 pm – 7.45 pm	HiiT Fit	Sarah
	8.00 pm – 8.45 pm	Pilates	Vicky
THUR	9.00 am – 9.45 am	Fresh Air Circuits	Ciaran
	10.00 am – 10.45 am	Dance Fit	Vicky
	11.00 am – 11.45 am	Yoga	Emma
	6.30 pm – 7.15 pm	Fresh Air Bootcamp	Gary
	7.30 pm – 8.30 pm	Yoga	Candido
FRI	9.15 am – 10.00 am	Freestyle	Jules
	11.15 am – 12.00 pm	Pilates	Sarah
	6.00 pm – 6.45 pm	Zumba	Cheryl
SAT	8.00 am – 8.45 am	T45	Ildi
	9.00 am – 9.45 am	Boxing Fit	Andy
	10.00 am – 10.45 am	Fresh Air Circuits	Gary / Jules
SUN	9.00 am – 9.45 am	Body Conditioning	Muna
	10.00 am – 11.00 am	Yoga	Fiona

Contact us:
info@trainfresh.co.uk