

From September 2022 : Please contact individual teachers for booking ...

Lisa Perry - 07766880701

Seth Perry - 07824880725

Sunny Warbout- @yogawithsunny - yogawithsunny@btinternet.com

Kirsty Ellson - @infinitebalanceforyou - 07787406552

Charlie Revell - @charlierevellfitness - 07968717422

MONDAY

09.15 PILATES with weights - Charlie Revell

18.45 PILATES mixed ability - Seth

20.00 PILATES mixed ability - Seth

TUESDAY

09.15 FitBall Body Conditioning - Kirsty Ellson

18.45 PILATES mixed ability - Seth

WEDNESDAY

09.15 PILATES mixed ability - Seth

10.30 GENTLE PILATES - Seth

18.45 PILATES mixed ability - Lisa

20.00 PILATES mixed ability - Lisa

THURSDAY

18.30 PILATES Mixed Ability - Lisa

FRIDAY

09.15 PILATES Mixed Ability - Lisa

10.30 STRETCH THERAPY - Lisa

18.30 VINYASA YOGA - Sunny (1.5 hours)

SATURDAY

9.00 Ashtanga YOGA - Sunny

10.30 TRX training - Seth

SUNDAY

9.30 SHANTISEVA VINYASA - Sunny (1.5 hours)