

Ardencote Class Timetable

MONDAY

8.45 – 9.30 Power Pilates
11.45 – 12.30 Body Toning
16.30 - 17.15 Pure Stretch
17.30 - 18.15 Legs, Bums & Tums
18.30 - 19.15 Relaxing Pilates

TUESDAY

15:45 - 16:45 Yoga
17:00 - 18:00 Yoga
18.00 – 18.45 Kettle size

WEDNESDAY

9.15 – 10.00 Pilates Rings
10.15 - 11.00 Body Toning
16.30 - 17.15 Pilates
17.30 - 18.15 Body Toning
18.30 - 19.30 Zumba

THURSDAY

18:00 - 18.45 Kettle size

SATURDAY

8.30 - 9.15 Pilates
9.30 - 10.15 Step Fit

SUNDAY

8.45 - 9.45 Zumba