

Ardencote Class Timetable

MONDAY

8.45 Pilates Advanced
11.45 Body Toning
15.30 Pilates Beginners
16.30 Pure Stretch
17.30 Legs, Bums & Tums

TUESDAY

15:45 Yoga
17:00 Yoga
18.00 Circuit Training (*February 2025 onwards*)

WEDNESDAY

9.15 Pilates Advanced
10.15 Body Toning
12.30 Pilates Beginners
16.30 Pilates Mixed Ability
17.30 Body Toning
18.30 Zumba

THURSDAY

9.00 Yoga
18:00 Circuit Training (*February 2025 onwards*)

SATURDAY

8.30 Pilates Mixed Ability
9.30 Step Fit

SUNDAY

8.45 - 9.45 Zumba