

Class Schedule

Pay As You Go:
Bookable through class organiser

Free To Members:
Bookable through the Members App

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Zumba Gym Staff 9.15 – 10.00 Free to Members	The Little Explorers Lauren McKay Messy Play 7.30 – 3.00 07792 554314	Tai Chi Angela Morley 9.30 – 10.30 07985 337576	Bloom Babies Hannah-Mae Pinder 8.30 – 1.30 07929 331915	Conditioning & Strength Daniela Fyfe 6.30 – 7.15 07581 069489		
Women's Wellness Angela Morley 10.15 – 11.15 07985 337576	The Little Explorers Lauren McKay Messy Play 7.30 – 3.00 07792 554314	Tai Chi For Beginners Angela Morley 10.40 – 11.40 07985 337576	Bloom Babies Hannah-Mae Pinder 8.30 – 1.30 07929 331915	Body Tone Gym Staff 9.30 – 10.15 Free to Members	Tonicha Lawrence Academy of Performing Arts	Table Tennis Malcolm Cotton 9.30 – 11.30 07872 056552
Pilates Christie Webster 11.45 – 12.30 Free to Members	The Little Explorers Lauren McKay Messy Play 7.30 – 3.00 07792 554314	Legs, Bums and Tums Gym Staff 12.00 – 12.45 Free to Members	Bloom Babies Hannah-Mae Pinder 8.30 – 1.30 07929 331915	Pilates Charlotte Cirell 10.30 – 11.15 Free to Members	Tonicha Lawrence Academy of Performing Arts	
Pilates Christie Webster 12.45 – 1.45 Free to Members & Pay As You Go	The Little Explorers Lauren McKay Messy Play 7.30 – 3.00 07792 554314	Conditioning & Strength Gym Staff 1.00 – 1.45 Free to Members		Pilates Charlotte Cirell 11.20 – 12.05 Free to Members	Tonicha Lawrence Academy of Performing Arts	
	Gentle Yoga Bella Whitaker 4.00 – 5.00 Free to Members & Pay As You Go	Flow Yoga Bella Whitaker 4.00 – 5.00 Free to Members & Pay As You Go	Leapin2Learning Laura Stubbs 4.00 – 5.00 07875 767785		Tonicha Lawrence Academy of Performing Arts	
Kettlebells Gym Staff 6.00 – 6.45 Free to Members			Leapin2Learning Laura Stubbs 5.00 – 6.00 07875 767785		Tonicha Lawrence Academy of Performing Arts	
Table Tennis Malcolm Cotton 7.00 – 9.00 07872 056552	Bounce Mini Trampolining Fran Baker 6.15 – 7.00 07376 223721	Zumba Izzy I'Anson 6.45 – 7.30 07856 585538	Bounce Mini Trampolining Fran Baker 6.15 – 7.00 07376 223721	Tonicha Lawrence Academy Beginners Ballet 6.00 – 7.00	Tonicha Lawrence Academy of Performing Arts	
		Collingham Ladies Football Fitness Gym Staff 7.30 – 8.15	Conditioning & Strength Daniela Fyfe 7.15 – 8.00 07581 069489	Tonicha Lawrence Academy Intermediates Ballet 7.00 – 8.00		