



One Gym Collingham Class Schedule

Pay As You Go

Free To Members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tabata Gym Staff 9.30 – 10.10	Legs, Bums & Tums Sue Palmer 9.30 – 10.15	Infinite Tai Chi Penny Chambers 9.15 – 10.30	Personal Training Nu Yu Fitness Private 9.30 – 10.30			
Personal Training Nu Yu Fitness Private 10.30 – 11.30	Baby Signing Neesa Hashmi 10.45 – 11.45	Personal Training Nu Yu Fitness Private 10.45 – 11.45	Baby Massage, Mummy Me Time Gemma Mercer 11.00 – 12.00	Pilates Chris Thompson 10.15 – 11.00		Table Tennis Malcolm Cotton 10.00 – 12.00
Pilates Chris Thompson 11.45 – 12.30			Baby Massage, Mummy Me Time Gemma Mercer 12.30 – 1.30	<u>Pilates</u> <u>Chris Thompson</u> <u>11.15 – 12.15</u>		
Pilates Chris Thompson 12.45 – 1.45	Baby Flutter Fit Neesa Hashmi 1.30 – 2.30	Energising FLOW Yoga Bella Whitaker 1.15 – 2.30				
		Gentle HATHA Yoga Bella Whitaker 2.45 – 4.00				
High Intensity Fitness Gym Staff 5.45 – 6.15	<u>Gentle HATHA Yoga</u> <u>Bella Whitaker</u> <u>5.30 – 6.45</u>		Personal Training Nu Yu Fitness Private 5.00 – 6.00			
Hatha Yoga Sally Davies – Private 6.30 – 7.45	Personal Training Nu Yu Fitness Private 7.00 – 8.00	Kettlebells Sue Palmer 6.00 – 6.45	Personal Training Nu Yu Fitness Private 6.00 – 7.00			
Table Tennis Malcolm Cotton 8.00 – 9.30	Personal Training Nu Yu Fitness Private 8.00 – 9.00	Table Tennis Malcolm Cotton 8.00 – 9.30	Hatha Yoga Sally Davies – Private 7.15 – 8.30			