

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
	<p>Legs, Bums & Tums Gym Staff 9.15 – 10.00 Free to Members</p>			<p>Dancercise Gym Staff 9.15 – 10.00 Free to Members</p>	<p>Outdoor Bootcamp Gym Staff 9.00 – 10.00 Free to Members</p>	
<p>Sensory Play Class Futterbabies Neesa Hashmi 10.00 – 11.00 07544 277225</p>			<p>Baby Massage, Mummy Me Time Gemma Mercer 11.00 – 12.00</p>	<p>Pilates Chris Thompson 10.15 – 11.00 Free to Members</p>	<p>Tonicha Lawrence Academy of Performing Arts</p>	<p>Table Tennis Malcolm Cotton 10.00 – 12.00 07872 056552</p>
<p>Pilates Chris Thompson 11.45 – 12.30 Free to Members</p>			<p>Baby Massage, Mummy Me Time Gemma Mercer 12.30 – 1.30</p>	<p>Pilates Chris Thompson 11.15 – 12.00 Free to Members</p>	<p>Tonicha Lawrence Academy of Performing Arts</p>	
<p>Pilates Chris Thompson 12.45 – 1.45 Contact: 07802 370995</p>				<p>Tone & Flex Emma Youlden 1.30 – 2.45 Contact: 07900 0008689</p>	<p>Tonicha Lawrence Academy of Performing Arts</p>	
	<p>Gentle HATHA Yoga Pratibha 4.00 – 5.15 Free to Members</p>	<p>Dancercise Izzy I'Anson 6.00 – 7.00 Contact: 07856 585538</p>	<p>Junior Boot Camp Craig Heard 4.00 – 4.45 Contact: 07966 683290</p>		<p>Tonicha Lawrence Academy of Performing Arts</p>	
<p>Kettlebells Gym Staff 6.00 – 6.45 Free to Members</p>	<p>Gentle HATHA Yoga Pratibha 5.30 – 6.45 Contact: 07802 370995</p>	<p>Outside Bootcamp Gym Staff 6.00 – 6.45 Free to Members</p>	<p>Junior Boot Camp Craig Heard 5.00 – 5.45 Contact: 07966 683290</p>		<p>Tonicha Lawrence Academy of Performing Arts</p>	
<p>Table Tennis Malcolm Cotton 7.00 – 9.00 07872 056552</p>		<p>Street Dance Erin Dempsey 7.00 – 8.00 Contact: 07958 515103</p>	<p>Legs, Bums & Tums Izzy I'Anson 6.00 – 7.00 Contact: 07856 585538</p>		<p>Tonicha Lawrence Academy of Performing Arts</p>	
	<p>TRAIN-8 Craig Heard 7.15 – 8.00 Contact: 07966 683290</p>	<p>Table Tennis Malcolm Cotton 8.00 – 9.30 07872 056552</p>	<p>TRAIN-8 Craig Heard 7.15 – 8.00 Contact: 07966 683290</p>			