

Monday

Time

Cost

Pilates	17.45 - 18.30	£13pp
Aerial Yoga (Jump Jersey)	18.45 - 19.30	£13pp

Tuesday

Jump Fit (Jump Jersey)	17.45 - 18.30	£13pp
Gentle Yoga (Jump Jersey)	18.45 - 19.30	£13pp

Wednesday

Hula Fitness (Jump Jersey)	17.45 - 18.30	£13pp
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Thursday

Tone & Sculpt	11.30 - 12.15	£13pp
Yin & Restore	12.30 - 13.15	£13pp
Pilates	17.45 - 18.30	£13pp
Jump Fit (Jump Jersey)	18.45 - 19.30	£13pp

Saturday

Pilates	9.00 - 9.45	£13pp
Sound Bath	10.00 - 10.45	£13pp