

Monday

Time

Cost

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

Tuesday

Aerial Yoga (Jump Jersey)	17.45	£13pp
Gentle Yoga (Jump Jersey)	18.45	£13pp

Wednesday

Hula Fitness (Jump Jersey)	17.45	£13pp
Pilates (Studio)	18.45	£13pp

Thursday

Pilates (Studio)	9.30 & 18.45	£13pp
Tone & Sculpt	11.30	£13pp
Yin & Restore	12.30	£13pp

Saturday

Pilates (Studio)	8.00 & 9.00	£13pp
Sound Bath	10.00	£13pp