

## 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

Yin Yoga	17.45	£13pp
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

## Saturday

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