

Monday

Time

Cost

Pilates	17.45 - 18.30	£13pp
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Tuesday

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

Thursday

Tone & Sculpt	11.30 - 12.15	£13pp
Yin & Restore	12.30 - 13.15	£13pp
Pilates	17.45 - 18.30	£13pp
Sound Bath	18.45 - 19.30	£13pp

Saturday

Pilates	9.00 - 9.45	£13pp
Sound Bath	10.00 - 11.00	£13pp