

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Yoga 8am	Circuits 9am	
HIIT Yoga 10am	HIIT and stretch 10am				Simple Stretch Saturday 10am	Restorative Yoga 10.30am
Circuits 12.30pm		Core and Stretch 12pm	Body Weight Circuits 12.30pm			
				Yin Yoga 3pm		
Body Attack 6pm	Circuits 5.30pm			Wind Down Yoga 5pm		
	Dynamic Yoga 7pm	Pilates 7pm	HIIT and Core 6.30pm Charley			

**Outdoor Fitness:  
From 19.04.21**

**Yoga in the Park: Thursday at 6.30pm  
Circuits in the Park: Monday at 6pm**

**Full details to be confirmed**