

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|---|--|---|---|--|
| 9.30am | Pilates Jane Stevenson 07805154401 | Post-natal Group Rosa Davies 07837 218374 | Pilates Jane Stevenson 07805154401 | Pilates Jane Stevenson 07805154401 | Clinical Pilates Sam Hylton 07399 927248 |
| 9.45am | | | | | |
| 10.00am | | | | | |
| 10.15am | | | | | |
| 10.30am | | | | | |
| 10.45am | Pilates Jane Stevenson 07805154401 | | Pilates Jane Stevenson 07805154401 | Pilates Jane Stevenson 07805154401 | Body Rescue Slimming Club Sam Harris 07814 023893 |
| 11.00am | | | | | |
| 11.15am | | | | | |
| 11.30am | | | | | |
| 11.45am | | | | | |
| 12.00pm | Pilates Jane Stevenson 07805154401 | | | | |
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| 5.45pm | Pregnancy Yoga Rosa Davies 07837 218374 | | | | |
| 6.00pm | | | | | |
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| 6.30pm | | | | | |
| 6.45pm | | | Iyengar Yoga Elaine Rees 07504 823517 | | |
| 7.00pm | | | | | |
| 7.15pm | Hatha Yoga Helena Edwards 07803 937143 | Body Rescue Slimming Club Sam Harris 07814 023893 | | | |
| 7.30pm | | | | | |
| 7.45pm | | | | | |
| 8.00pm | | | | | |
| | | | Iyengar Yoga Elaine Rees 07504 823517 | | |