

Class Timetable

@THEMUSWELLHILLCLUB

DAY

INSTRUCTORS AND CLASSES MAY CHANGE

M

0930 Top to Toe, Sara
1040 Chi Ball, Sara
1205 Aquacise, Anna

13.15 Legs, bums & tums, Terri
1830 Low Impact, Lance
1940 Intermediate Yoga, Ingrid

T

0730 Strength and condition, Nathan
930 Body Sculpt, Terri
1040 Hatha Flow, Giovana
1200 Pilates, Angela

1315 Total body conditioning, Anna
1830 Women on Weights, Angela
1940 Restorative Flow, Giovana

W

0930 Cardio, Angela
1040 Women on Weights, Anna
12.35 Aquacise, Anna
1150 Zumba Gold, Rose

1830 HIIT, Sara
1940 Pilates, Sara

T

0730 Bootcamp, Anna
0930 Body Sculpt, Terri
1040 Intermediate Pilates, Sara
1200 Slow Flow Yoga, Matthew

1315 Ballet, Lizzie
1830 Zumba, Rose
1940 Pilates Barre, Terri/Sara

F

0930 Aerobics, Pauline
1040 Ballet Fit, Lizzie
1205 Aquacise, Angela

1315 Ballet, Kelli
1800 Dance Fitness, Yemi
1910 Yin Yoga, Giovana

S

0930 Step & Tone, Lance
1040 Zumba, Rose

1200 Hatha Flow, Giovana
1310 Pilates, Hadas

S

0905 Aquacise, Angela
1000 Beginners Yoga, Christine
1110 Intermediate Yoga, Christine

1230 Pilates, Angela

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