

Summer Fitness Class Timetable

Also see our event listings online



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| | Post Natal Pilates (E) 12pm (50m) Canopy 1 Tiny baby & Mum | Parent & Baby Yoga (E) 11am (45m) Canopy 1 Mixed ages | Body Conditioning (Baby friendly) (N) 12:30 (45m) Canopy 1 with Dani | |
| Body Conditioning (Baby friendly) (N) 1130 (45m) Canopy 1 with Dani | Body Conditioning (N) 1315 (45m) Canopy 1 with Ilze | Post Natal Yoga (E) 1pm (50m) Canopy 1 | Body Conditioning (Baby friendly) (N) 1:30 (45m) Canopy 1 with Dani | Buggy Fitness (Baby friendly) (N) 2pm (45m) Canopy 1 with Ilze |
| Body Conditioning (Baby friendly) (N) 1230(45m) Canopy 1 with Dani | Fitness4 Pregnancy (N) 1415 (45m) Canopy 1 with Ilze | | | Body Conditioning (N) 3pm (45m) Canopy 1 with Ilze |
| | Body Conditioning (N) 1515 (45m) Canopy 1 with Ilze | | | |
| | Post Natal Pilates (E) 12pm (50m) Canopy 1 Tiny Baby + Mum | | | |
| Pregnancy Pilates (E) 630(60m) Canopy 1 | | | | |

£28
Unlimited*
Nest Fitness
 Includes classes
 marked (N)

*Fair use policy applies, timetable may change at short notice, minimum 7 classes a week to choose from, see full terms at check-out.

