



Summer Studio Timetable

DAY	CLASS	TIMES
Tuesday	Simple Yoga	7.30 – 8.30pm
Wednesday	Circuits	7.30 – 8.30pm
Thursday	Box Fit	7.30 – 8.30pm
Friday	Pilates	6.30 – 7.30pm
Saturday	Leg's Bum's Tum's	9.30 – 10.30am
Sunday	Yoga	9.00 – 10.15am
	Strength & Conditioning	10.30 – 11.30am
	Zumba	11.45 – 12.45pm

All classes MUST be pre-booked, and participants must agree to St Helen's Covid-19 declaration prior to attending their first activity following the reopening of the Sports Centre.

Members must bring their own mat for Yoga and Pilates; equipment is not to be shared and MUST be cleaned before and after use by members.