



Safe workout classes for charity at Elfordleigh

Timetable:

	1030 -1200	1730 – 1830	1730 – 1830	1730 – 1830	1830 – 1930	1830 – 1930
Monday			Tabata with Tabitha	Circuits with Tyler	Tabata with Tabitha	Circuits with Tyler
Tuesday			Circuits with Phil	Stretch & Abs with Dom	Circuits with Phil	Stretch & Abs with Dom
Wednesday	Yoga with Ruth		Tabata with Tabitha	Circuits with Tyler	Tabata with Tabitha	Circuits with Tyler
Thursday		Pilates * with Jo	Circuits with Phil	Stretch & Abs with Dom	Circuits with Phil	Stretch & Abs with Dom

*** Every other Thursday starting from 18th June 2020**

Want to join? Please call 07862 272396 and reserve your spot!