

# FITNESS CLASSES

## MONDAY

- Yoga - 9.30am - 90mins - £8
- Over 40's Karate - 5.00pm - 60mins - £8
- Bootcamp - 6.30pm - 60 mins - £5

## TUESDAY

- Boxercise Blast - 8.00am - 30mins - £5
- Yoga - 9.30am - 90mins - £8
- Aqua Aerobics - 9.30am - 60mins - £5
- Teen Yoga - 5.15pm - 30mins
- Foundation Training - 6pm - 60mins - £10

## WEDNESDAY

- Pilates - 9.30am - 60mins - £6
- Move it or Lose it! - 10.45am - 50mins - £4
- Dance Fitness DDMIX - 11.45am - 60mins - £5
- Legs, Bums & Tums - 5.00pm - 60mins - £5

TO BOOK CONTACT...

[matthew@unastives.co.uk](mailto:matthew@unastives.co.uk)

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# FITNESS CLASSES

## THURSDAY

- Boxcercise Blast - 8.00am - 30mins - £5
- Aqua Aerobics - 9.30am - 60mins - £5
- Natural Form - 9.30am - 60mins - £10
- Children's Yoga - 4.00pm - 30mins - £3
- Children's Yoga - 4.30pm - 30mins - £3
- Over 40's Karate - 6.00pm - 60mins - £8
- Go SUP - 7.00pm - 60mins - £10

## FRIDAY

- Pilates - 9.30am - 60mins - £6
- Yoga - 5.30pm - 60mins - £6

## SATURDAY

- Natural Form - 10.00am - 60mins - £10

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