

Weekly Classes Timetable

11-17 May 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
11	12	13	14	15	16	17
<p>Barre 07:45 - 08:30</p> <p>Strong Mums Class 09:45 - 10:45</p> <p>Powerhouse Mat Pilates 12:00 - 12:45</p> <p>Milton Park Circuit Class 13:15 - 13:45</p> <p>Restore Reformer Pilates - Beginners 18:30 - 19:15</p> <p>Energise Reformer Pilates 19:30 - 20:15</p>	<p>Morning flow Yoga 07:45 - 08:30</p> <p>Awaken Reformer Pilates 09:45 - 10:30</p> <p>Arthritis - Hip and Knee Class 11:15 - 12:15</p> <p>Arthritis - Hip and Knee Class 12:30 - 13:30</p>	<p>Energise Reformer Pilates 12:15 - 13:00</p> <p>Powerhouse Mat Pilates 13:15 - 14:00</p> <p>Powerhouse Mat Pilates 17:00 - 17:45</p> <p>Restore Reformer Pilates 18:00 - 18:45</p>	<p>Energise Reformer Pilates 12:15 - 13:00</p> <p>Flex It Gym Circuits 12:30 - 13:00</p> <p>Abs and Core Accumulator 13:15 - 13:45</p> <p>Unwind and Restore Yoga 17:00 - 17:45</p>	<p>Awaken Reformer Pilates 08:00 - 08:45</p> <p>Arthritis - Hip and Knee Class 09:15 - 10:15</p> <p>Energise Reformer Pilates 12:00 - 12:45</p>	No Events	No Events