

# ZEST TIMETABLE SPRING/SUMMER

MON

TUES

WED

THURS

FRI

SAT

8AM

Total Body Mondays

Core Challenge

Strength & Conditioning

Strength & Balance

Feel Good Friday Circuits

Saturday Special

9AM

Total Body Mondays

Core Challenge

Strength & Conditioning

Strength & Balance

Feel Good Friday Circuits

Saturday Special

10AM

Total Body Mondays

Core Challenge

Advanced Pilates

Strength & Balance

Feel Good Friday Circuits

Saturday Special

11AM

Total Body Mondays

Core Challenge

Strength & Conditioning

Strength & Balance

Feel Good Friday Circuits

Saturday Special

12PM

1PM

Intermediate Pilates

Intermediate Improvers

Strength & Balance

2PM

3PM

Beginners Pilates

Beginners Pilates

Improvers Pilates

Men's Strength & Mobility

4PM

Core Challenge

AMRAP—Your Midweek Motivator (30 Minutes)

5PM

Progressive Weights

Progressive Weights

6PM

Progressive Weights

Body Sculpting 6.15pm

Box-Fit

Progressive Weights

7PM

Mixtape Mash-up

Body Sculpting 7.15pm

Intermediate Plus

Mixtape Mash-up

8PM



\* AMRAP—'As many reps/rounds as possible'

MORE CLASSES IN THE STUDIO (SEE OVERLEAF)





# ZEST TIMETABLE SPRING / SUMMER

## THE STUDIO

### Monday

TIME	CLASS	DURATION
17.30	Intermediate Improvers	60 mins
19.00	Intermediate Pilates	60 mins

### Tuesday

TIME	CLASS	DURATION
17.30	Beginners Pilates	60 mins

### Wednesday

TIME	CLASS	DURATION
17.30	Beginners Pilates	60 mins

### Friday

TIME	CLASS	DURATION
10.00	Stretch & Balance	60 mins

### Prices

Adult £34.00 per month

Student £29.00 per month

Fitness Classes £6 per session

Pilates Classes £6-£10 per session

## Pilates

We offer a range of Pilates classes for every level of ability, get in touch to find out more and what level you should be at!



To book a class please call 01691 671471  
or email [zestladies@gmail.com](mailto:zestladies@gmail.com)  
Visit [zestladieshealth.com](http://zestladieshealth.com) for more information