



B-FIT Ascot

Bump, Birth, Baby and Beyond

FULL TIMETABLE

You can book a half term of outdoor or online or even a combo. You can also book individual classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 9.30			strength and cardio		strength and cardio
9.30 -10.30		Outdoor fitness			
10-11			Buggyfit Longwalk		Buggyfit Savill Gardens
13.00			Postnatal Pilates		Pilates for all
19-19.30	Low impact strength				
19.40-20.10	Core Pilates				
19.30-20.10			Pregnancy Pilates		