



Vibrantly Alive

Women's Group Class Timetable

Day	Class	Venue	Time	Booking
Monday	Yoga & Pilates Fusion (Intermediate)	Wombledon Village Hall	4.30-5.30pm	1 space available
Monday	Yoga & Pilates Fusion (Intermediate - Advanced)	Wombledon Village Hall	6-7pm	Fully booked – waiting list available
Tuesday	Gentle Hatha Yoga (Mixed abilities)	Harome Village Hall	8.30-9.30am	2 spaces available
Wednesday	Vinyasa & Hatha Fusion Yoga (Advanced)	Harome Village Hall	8.15-9.15am	Fully booked – waiting list available
Wednesday	Women's Strength Classes	Harome Village Hall	5-6pm	Fully booked – waiting list available
Wednesday	Women's Strength Classes	Harome Village Hall	6.30-7.30pm	Fully booked – waiting list available
Thursday	Women's Strength Classes	Harome Village Hall	9-10am	Fully booked – waiting list available
Thursday	Women's Strength Classes	Harome Village Hall	10.30-11.30am	Fully booked – waiting list available
Friday	Pilates (Mixed abilities)	Wombledon Village Hall	8.30-9.30am	Fully booked – waiting list available
Friday	Pilates (Mixed Abilities)	Wombledon Village Hall	9.45-10.45am	2 spaces available
Friday	Pilates (Mixed abilities)	Helmsley Arts Centre	2-3pm	Fully booked – waiting list available

Booking essential; for more information please contact Nicola

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