



Vibrantly Alive

Women's Group Class Timetable

Day	Class	Venue	Time	Booking
Monday	Yoga & Pilates Fusion (Intermediate)	Wombledon Village Hall	4.30-5.30pm	Fully booked – waiting list available
Monday	Yoga & Pilates Fusion (Intermediate - Advanced)	Wombledon Village Hall	6-7pm	Fully booked – waiting list available
Tuesday	Gentle Hatha Yoga (Mixed abilities)	Wombledon Village Hall	8.30-9.30am	Fully booked – waiting list available
Tuesday	Yoga & Pilates Fusion (Beginner - Intermediate)	Helmsley Town Hall	5.30-6.30pm	Fully booked – waiting list available
Tuesday	Yoga & Pilates Fusion (Intermediate to Advanced)	Helmsley Town Hall	6.45-7.45pm	Fully booked – waiting list available
Wednesday	Vinyasa & Hatha Fusion Yoga (Advanced)	Harome Village Hall	8.15-9.15am	Fully booked – waiting list available
Wednesday	Women's Strength Classes	Wombledon Village Hall	5-6pm AND 6.30-7.30pm	Fully booked – waiting list available
Thursday	Women's Strength Classes	Wombledon Village Hall	9-10am AND 10.30-11.30am	Fully booked – waiting list available
Thursday	Yoga & Pilates Fusion (Advanced)	Online	6-7pm	Fully booked – waiting list available
Friday	Pilates (Mixed abilities)	Wombledon Village Hall	8.30-9.30am AND 9.45-10.45	Fully booked – waiting list 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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