



## Vibrantly Alive

### Women's Group Class Timetable

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

**Booking essential; for more information please contact Nicola**

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