

Zest Timetable A/W 2022

	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			
2PM						
3PM		Beginners Pilates	Beginners Pilates		Men's Strength & Mobility	
4PM		Core Challenge	MetCon Interrupted (30 mins each)		Progressive Weights	
5PM	Progressive Weights					
6PM	Progressive Weights	Body Sculpting 6.15pm		Boxing Intense	Progressive Weights	
7PM		Body Sculpting 7.15pm	Intermediate PLUS	Mixtape Mashup		
8PM						



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Classes in the Studio

Monday

TIME	CLASS	DURATION
17:30	Beginners Pilates	60 mins
19:00	Intermediate Pilates	60 mins

Friday

TIME	CLASS	DURATION
10:00	Stretch & Balance	60 mins

Prices

Adult - £34 per month

Student - £29 per month

Fitness Classes - £5 per session

Pilates Classes - £5 - £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 starting out at!



To book a class please call **01691 671 471**

Or email zestladies@gmail.com

Visit zestladieshealth.com for more information