

ZEST TIMETABLE AUTUMN / WINTER

	Mon	Tue	Wed	Thurs	Fri	Sat
8am	Tone 360	Shape	Strength & Conditioning	Strength & Balance	Feel Good Friday Circuits	Saturday Special
9am	Tone 360	Shape	Strength & Conditioning	Strength & Balance	Feel Good Friday Circuits	Strength & Stretch
10am	Gentle Tone	Gentle Shape	Intermediate plus Pilates	Gentle Strength & Balance	Active For Life	Saturday Special
11am	Tone 360	LIFT	Strength & Conditioning	Strength & Balance	Feel Good Friday Circuits	
12pm				Gentle Strength & Balance		
1pm		Intermediate Pilates	Improvers Pilates			
2pm				Improvers Pilates 1.15pm		
3pm		Beginners Pilates	Beginners Plus Pilates	Beginners Pilates	Men's Strength & Mobility	
4pm		Shape	AMRAP Beats			
5pm	LIFT		LIFT		LIFT	
6pm	LIFT	Body Sculpting 6.15pm	GRID	Boxing Fitness	Strength & Stretch	
7pm	LBT	Body Sculpting 7.15pm	Intermediate Plus Pilates	Dance Mash-up		

AMRAP Beats —As many reps/rounds as possible.

LIFT—Learn, Improve, Fitness & Technique

LBT—Legs, Bums & Tums

GRID—High Energy Functional Training



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THE STUDIO

Monday

TIME	CLASS	DURATION
17.30	Improvers Pilates	60 mins
19.00	Intermediate Pilates	60 mins

Tuesday

TIME	CLASS	DURATION
17.30	Beginners Plus Pilates	60 mins

Wednesday

TIME	CLASS	DURATION
17.30	Beginners Pilates	60 mins

Friday

TIME	CLASS	DURATION
10.00	Stretch & Balance	60 mins

Prices

Adult £36.00 per month

Student £30.00 per month

Fitness Classes £6 per session

Pilates Classes starting from £7 per session

Joint Pilates & Gym membership available on request.

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

