

2020 Timetable

	MON	TUES	WED	THURS	FRI	SAT	
8AM	Group training	Group training	Group training	Group training	Group training	Group training	
9AM	Group training	Group training	Group training	Group training	Pilates Stretch & Balance		
10AM	Group training	Group training	Advanced Pilates	Group training	Group training		
11AM	Group training	Group training	Group training	Group training	Group training		
12PM	Group training	Group training	CLOSED	Pilates Stretch & Balance	CLOSED		
1PM	CLOSED	Intermediate Pilates	Intermediate Pilates	CLOSED	CLOSED		D
2PM	CLOSED	Beginners Pilates	CLOSED	CLOSED	CLOSED		E
3PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		S
4PM	Group training	Group training	Legs, Bums & Tums	Group training	Partnered Boxing		O
5PM	Group training	Group training	Legs, Bums & Tums	Group training	Partnered Boxing		L
6PM	Group training	Body Sculpting 6.15pm	Legs, Bums & Tums	Bodybox	Progressive Weights	C	
7PM	Intermediate Pilates	Body Sculpting 7.15pm	Advanced Pilates	Bodybox	CLOSED	CLOSED	

Zest Ladies Health & Fitness Club

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