

Zest Summer Timetable 2021

	MON	TUES	WED	THURS	FRI	SAT
8AM	Total Body Mondays	Strength & conditioning	Strength & conditioning	Strength & conditioning	Functional Fridays	Saturday Special
9AM	Total Body Mondays	Strength & conditioning	Strength & conditioning	Strength & conditioning	Pilates Stretch & Balance	Saturday Special
10AM	Total Body Mondays	Strength & conditioning	Advanced Pilates	Strength & conditioning	Functional Fridays	Snowdon Training
11AM	Total Body Mondays	Strength & conditioning	Strength & conditioning	Strength & conditioning	Functional Fridays	Saturday Special
12PM				Pilates Stretch & Balance		
1PM		Intermediate Pilates	Improver's Pilates			
2PM						
3PM		Beginners Pilates				
4PM		Functional Training	Supercharged Circuits (30 mins)			
5PM	Progressive Weights	Functional Training				
6PM	Progressive Weights	Body Sculpting 6.15pm		Bodybox/ Boxing Intense	Progressive Weights	
7PM	Intermediate Pilates	Body Sculpting 7.15pm	Intermediate PLUS Pilates	Bodybox/ Boxing Intense	Progressive Weights	

To book a class please call 01691 671 471

Or email zestladies@gmail.com

Visit zestladieshealth.com for more information

