

ZEST TIMETABLE AUTUMN / WINTER

	Mon	Tue	Wed	Thurs	Fri	Sat
6.30am - -7.15am			Early Riser Energizer			
8am	Challenging Total Body	Challenging Core	Challenging Strength & Condi- tioning	Strength & Balance	Feel Good Friday Circuits	Saturday Special
9am	Challenging Total Body	Challenging Core	Challenging Strength & Condi- tioning	Strength & Balance	Feel Good Friday Circuits	Saturday Special
10am	Gentle Total Body	Gentle Core	Intermediate plus Pilates	Strength & Balance	Feel Good Friday Circuits	Saturday Special
11am	Total Body	Core	Strength & Conditioning	Strength & Balance	Feel Good Friday Circuits	
12pm				Gentle Strength & Balance		
1pm		Intermediate Pilates	Intermediate- Improvers			
2pm				Intermediate Improvers 1.15pm		
3pm		Beginners Plus Pilates	Beginners Plus Pilates	Beginners Pilates	Mens Strength & Mobility	
4pm		Core	AMRAP			
5pm	LIFT		LIFT		LIFT & CORE	
6pm	LIFT	Body Sculpting 6.15pm	LIFT	Box-Fit	LIFT & CORE	
7pm	LBT	Body Sculpting 7.15pm	Intermediate Plus	Mixtape Mash-up		

AMRAP—As many reps/rounds as possible

LIFT—Learn, Improve, Fitness & Technique

LBT—Legs, Bums & Tums



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THE STUDIO

Monday

TIME	CLASS	DURATION
17.30	Intermediate Improvers	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 £34.00 per month

Student £29.00 per month

Fitness Classes £6 per session

Pilates Classes £6-£8 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

