

ZEST TIMETABLE AUTUMN / WINTER

	Mon	Tue	Wed	Thurs	Fri	Sat
8am	Tone 360	Core & More	Strength & Conditioning	Strength & Balance	Feel Good Friday Circuits	Saturday Special
9am	Tone 360	Core & More	Strength & Conditioning	Strength & Balance	Feel Good Friday Circuits	Stretch & Flow
10am	Gentle Tone	Gentle Core & More	Intermediate plus Pilates	Gentle Strength & Balance	Feel Good Friday Circuits	Saturday Special
11am	Tone 360	LIFT	Strength & Conditioning	Strength & Balance	Stretch & Mobility	
12pm	Beginners plus Pilates 12.15pm	Intermediate Pilates	Improvers Pilates	Gentle Strength & Balance		
1pm				Improvers Pilates 1.15pm		
2pm						
3pm		Beginners plus Pilates	Improvers Pilates	Beginners plus Pilates	Men's Strength & Mobility	
4pm		Core & More	Step & Tone			
5pm	LIFT		LIFT		LIFT	
6pm	Circuits	Body Sculpting 6.15pm	Stretch & Mobility	Boxing Fitness	Stretch & Flow	
7pm	Leg Day	Body Sculpting 7.15pm	Intermediate Plus Pilates	Dance Mash-up		

LIFT—Learn, Improve, Fitness & Technique



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@ THE STUDIO

TIME	CLASS	DURATION
Monday		
17.30	Improvers Pilates	60 mins
19.00	Intermediate Pilates	60 mins
Tuesday		
17.30	Beginners Pilates	60 mins
Wednesday		
17.30	Beginners Plus Pilates	60 mins

Prices

Adult £36.00 per month

Student £30.00 per month

Fitness Classes £6 per session

Pilates Classes start 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!

We also run regular Pelvic Floor Courses at Zest which are delivered in 6 week blocks, please enquire for more information.

To book a class please call 01691 671 471

Or email zestladies@gmail.com

Visit zestladieshealth.com for more information

