


ZEST TIMETABLE AUTUMN / WINTER

	MON	TUES	WED	THURS	FRI	SAT
8AM	Total Body Mondays	Core Challenge	Strength & Conditioning	Strength & Balance	Feel Good Friday Circuits	Saturday Special
9AM	Total Body Mondays	Core Challenge	Strength & Conditioning	Strength & Balance	Feel Good Friday Circuits	Saturday Special
10AM	Total Body Mondays	Core Challenge	Advanced Pilates	Strength & Balance	Return to Fitness	Saturday Special
11AM	Total Body Mondays	Core Challenge	Strength & Conditioning	Strength & Balance	Feel Good Friday Circuits	Saturday Special
12PM				Strength & Balance		
1PM	Men's Strength & Mobility	Intermediate Pilates	Intermediate Improvers			
2PM						
3PM		Beginners Pilates	Beginners Pilates	Improvers Pilates	Men's Strength & Mobility	
4PM		Core Challenge	AMRAP—Your Midweek Motivator (30 Minutes)			
5PM	Progressive Weights				Progressive Weights	
6PM	Progressive Weights	Body Sculpting 6.15pm		Boxing Pad Work	Progressive Weights	
7PM	Mixtape Mash-up	Body Sculpting 7.15pm	Intermediate Plus	Mixtape Mash-up		
8PM						

* AMRAP—'As many reps/rounds as possible'

MORE CLASSES IN THE STUDIO (SEE OVERLEAF)

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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 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-£10 per session

Pilates

We offer a range of Pilates classes for



To book a class please call 01691 671 471

Or email zestladies@gmail.com

Visit zestladieshealth.com for more information