

# Exercise classes

## Six Villages Sports Centre

Accurate as of 19/05/2024

Times for Monday 22 August				
Time	Session	Facility	Instructor	Level
5:30 pm - 6:15 pm	Stretch & Tone	Wyatt Studio	Fiona Mason	
6:20 pm - 7:05 pm	Supple Strength	Wyatt Studio	Fiona Mason	all levels
7:30 pm - 8:15 pm	Legs, Bums & Tums	Wyatt Studio	Caris Baker	all levels