

Exercise classes

Six Villages Sports Centre

Accurate as of 18/05/2024

Times for Monday 22 April



| 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 |