

# Live Stream Wellbeing Membership

£8 p/m for Non-members or £3p/m for Existing Members

	Morning	Afternoon	Evening
Mon	<u>Pilates</u> 7.30-8.30am	<u>Yoga</u> 12-1	<u>Tai Chi</u> 5.15-6.30pm
Tue	<u>LGC</u> 7.15-7.45am		
Wed			<u>Yoga</u> 7.15-8.15pm
Thu	<u>HIIT</u> 7.10-7.40am	<u>LGC</u> 8-8.30pm	
Fri	<u>Yoga</u> 7.30-8.30am	<u>LGC</u> 1-1.30pm	<u>Tabata</u> 6.15-6.45pm
Sat	<u>Yoga</u> 11am-12noon		
Sun	<u>Strong</u> 8.45-9.30am		

**“More than a gym”**

**All live stream classes will be delivered through the mywellness app.**