

Live Stream Wellbeing Membership

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

	Morning	Afternoon	Evening
Mon	<u>7.30-8.30am</u> <u>Pilates</u>	<u>12.30-1.30pm</u> <u>Yoga</u>	<u>5.15-6pm</u> <u>Circuits</u>
Tue	<u>7.15-7.45am</u> <u>LGC</u>	<u>12noon-1pm</u> <u>Pilates</u>	<u>6-7.30pm</u> <u>Yoga</u>
Wed	<u>8-8.30am</u> <u>Core Stability</u>	<u>12noon-12.45pm</u> <u>Zumba</u>	<u>7.15-8.15pm</u> <u>Yoga</u>
Thu	<u>7.15-7.45am</u> <u>Pyramid HIIT</u>	<u>12noon-1pm</u> <u>Tai Chi</u>	<u>7.30-8.30pm</u> <u>Pilates</u>
Fri	<u>7.30-8.30am</u> <u>Pilates</u>		
Sat	<u>9-9.45am</u> <u>LGC</u>	<u>10.45-11.45am</u> <u>Yoga</u>	
Sun	<u>8.30-9am</u> <u>Stretch</u>		

“More than a gym”

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