

# 2019 TIMETABLE



MON	TUES	WEDS	THURS	FRI	SAT
YOGA Kara 8.15am & 9.30am	EARLY MORNING CIRCUITS Jon 8.15am	LIIT (Circuits) Oba 9.30am	YOGA Maddie 7.15am	BODY CONDITIONING Oba 9.30am	YOGA Kara 8.15am
YIN YOGA Ruth 10.45am	BALLET BARRE Oba 9.30am	BARRE & DANCE Oba 10.45am	YANG YOGA 9.30am YIN YOGA 10.45am Ruth	HEALTHY 4 LIFE Oba 10.45pm (45mins)	CIRCUITS Jon 9.30am
PILATES Anna 12pm	STRETCH & CORE Nicky 1.30pm	YOGA Mirella 1.30pm	PILATES Anna 12pm		
	TEEN YOGA Maddie 5.15pm (45mins)		STRETCH & CORE Nicky 4pm		MON/TUES/FRI THAI YOGA MASSAGE Ruth Timms  Please check for availability
BOXERCISE 45 Sue 5.30pm	YOGA Kara 6.10pm	SKI FIT Sue 6pm		MUAY THAI KICKBOXING Scott 6.30pm	
	YOGA Kara 7.15pm		PILATES Francesca 7.15pm		

To find out more or to book please visit our website or the Mindbody App.

[www.balancethecountrysidegym.co.uk](http://www.balancethecountrysidegym.co.uk)