

THE STUDIO AT KING GEORGE'S FIELD FULMER

HEALTH AND FITNESS TIMETABLE

2023

DAY	TIME	CLASS	DURATION	INSTRUCTOR
MONDAY	9:20	STREET DANCE & TONE	60 minutes	Neon Fuel Dance
	10:30	HATHA YOGA	60 minutes	Patricia
	12:30	PILATES	60 minutes	Michele
	19:00	MEDITATION	60 minutes	Pavitter
TUESDAY	09:30	PILATES	60 minutes	Fatima
	12.00	SLOW FLOW YOGA	60 minutes	Patricia
WEDNESDAY	10:30	VINYASA FLOW YOGA	60 minutes	Patricia
	16.15	ITF TAEKWON-DO [4-7]	45 minutes	Harpreet
	17.00	ITF TAEKWON-DO [8-16]	60 minutes	Harpreet
THURSDAY	09:30	PILATES	60 minutes	Fatima
	12:30	BODY CONDITIONING	60 minutes	Michele
	19:15	YIN YOGA	60 minutes	Patricia
FRIDAY	9.10	KETTLE BELLS	45 minutes	Ophelia
	10.00	STREET DANCE & STRETCH	60 minutes	Neon Fuel Dance
	11:15	POWER FLOW YOGA	60 minutes	Patricia
	19:00	GONG BATH	60 minutes	Sabina
SATURDAY	10.00	VINYASA YOGA	60 minutes	Tiahna
	11.00	ITF TAEKWON-DO (8-16)	60 minutes	Harpreet
	12.00	ITF TAEKWON-DO (4-7)	45 minutes	Harpreet
SUNDAY	11.00	SLOW FLOW YOGA	60 minutes	Tiahna