

THE STUDIO AT KING GEORGE'S FIELD FULMER

HEALTH AND FITNESS TIMETABLE

2022

DAY	TIME	CLASS	DURATION	INSTRUCTOR
MONDAY	9.00	MEN'S YOGA	60 minutes	Philippa
	10:30	HATHA YOGA	60 minutes	Patricia
	12:30	PILATES	60 minutes	Michele
	19:00	DANCE (adult)	60 minutes	Thalia
TUESDAY	09:15	PILATES	60 minutes	Fatima
	10.30	GENTLY DOES IT	30 minutes	Harpreet
	18:00	TOTAL BODY WORKOUT	60 minutes	Willow
	19:15	YIN 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
	19:00	DANCE (adult)	60 minutes	Thalia
THURSDAY	09:45	PILATES	60 minutes	Fatima
	12:30	PILATES FUSION	60 minutes	Michele
	19:15	SLOW FLOW YOGA	60 minutes	Patricia
FRIDAY	9.10	KETTLE BELLS	45 minutes	Ophelia
	10.00	NEON FUEL DANCE	60 minutes	Thalia
SATURDAY	09:00	BODY COMBAT	60 minutes	Alkana
	10:00	MOBILITY STRENGTH AND STRETCH	60 minutes	Alkana
SUNDAY	10:00	QIGONG YOGA	60 minutes	Patricia
	11:15	VINYASA YOGA	60 minutes	Tiahna