

THE STUDIO AT KING GEORGE'S FIELD FULMER

DAY	TIME	CLASS	DURATION	INSTRUCTOR
MONDAY	9:20	STREET DANCE & TONE	60 minutes	Neon Fuel Dance
	10:30	HATHA YOGA	60 minutes	Patricia
	19:00	HEALING MEDITATION	60 minutes	Pavitter
TUESDAY	09:30	PILATES	60 minutes	Fatima
	10:45	MEDITATION SOUND BOWLS	60 minutes	Claudia
	17:30	LEANER & STRONGER FITNESS	60 minutes	Gosia
	19:00	WING CHUN KUNG FU	60 minutes	Matt
WEDNESDAY	08:00	BARRE FITNESS	45 minutes	Sarah-Louise
	09:00	STRETCH & MOBILITY	45 minutes	Sarah-Louise
	17:00	ITF TAEKWON-DO [8-16]	60 minutes	Harpreet
	19:00	MEDITATION SOUND BOWLS	60 minutes	Claudia
THURSDAY	09:30	PILATES	60 minutes	Fatima
	11:00	POWER FLOW YOGA	60 minutes	Patricia
	12:15	STRETCH & MOBILITY	45 minutes	Sarah-Louise
	18:00	LEANER STRONGER FITNESS	60 minutes	Gosia
	19:15	YIN YOGA	60 minutes	Patricia
	08:00	BARRE FITNESS	45 minutes	Sarah-Louise
FRIDAY	9:10	KETTLE BELLS	45 minutes	Ophelia
	10:00	STREET DANCE & STRETCH	60 minutes	Neon Fuel Dance
	11:30	PRIVATE HIRE	7 hours	Priscilla
	10:30	ITF TAEKWON-DO (8-16)	45 minutes	Harpreet
SATURDAY	11:30	ITF TAEKWON-DO (4-7)	45 minutes	Harpreet
	13:00	PRIVATE HIRE	7 hours	Priscilla
SUNDAY				