

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	
	18:30	HEALING MEDITATION	120 minutes	Pavitter	
TUESDAY	09:30	PILATES	60 minutes	Fatima	
	10:45	MEDITATION SOUND BOWLS	60 minutes	Claudia	
	12:00	SLOW FLOW YOGA	60 minutes	Patricia	
	17:30	LEANER & STRONGER FITNESS	60 minutes	Gosia	
	19:00	WING CHUN KUNG FU	60 minutes	Matt	
	WEDNESDAY	09:30	VINYASA YOGA	60 minutes	Anna
		10:45	MINDFUL YOGA FLOW	60 minutes	Vibhu
12:00		YOGA FOR PREGNANCY/BIRTH	60 minutes	Vibhu	
16:30		ITF TAEKWON-DO [4-7]	45 minutes	Harpreet	
17:15		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	
	18:00	AEROBICS	50 minutes	Carina	
	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	
	11:30	PRIVATE HIRE	7 hours	Priscilla	
	18:30	STRONG CORE GLUTE LEGS	60 minutes	Gosia	
SATURDAY	10:30	ITF TAEKWON-DO (8-16)	60 minutes	Harpreet	
	11:30	ITF TAEKWON-DO (4-7)	45 minutes	Harpreet	
SUNDAY					