

Online fitness timetable

winnershtriangle.co.uk/events/

Key is also offering 1:1 PT sessions at times to suit you

Day	Time	Class
Mondays	18:00-18:45	Bootcamp with Kev. First two sessions are free then £5. To book please email: kevin@movemindandbody.co.uk
Tuesdays	9:00-10:00	Pilates4YourWellbeing with Barbara. Cost: Two classes for the price of one £5 per session. To book please email: barbara4health@aol.com
Wednesdays	9:30-10:15	Power Pilates with Polly. Cost: £5 per session. To book please email: fittocore@outlook.com
	17:15-18:15	Yoga with Christyn. Cost: First session is free then £5 per session. To book please email: rafia.butt@frasersproperty.com
	18:00-18:45	Bootcamp with Kev. First two sessions are free then £5. To book please email: kevin@movemindandbody.co.uk
Thursdays	11:45-12:15	Fit in 30 with Pip. £10 for three sessions. To book please email: positivepersonaltraining@outlook.com