

2018 TIMETABLE



MON	TUES	WEDS	THURS	FRI	SAT
YOGA Kara 8.15am & 9.30am	KETTLES Oba 9.30am	LIIT (Circuits) Oba 9.30am	YOGA Christian 7.15am (1hr)	BODY CONDITIONING Oba 9.30am	YOGA Kara 8.30am
BARRE WITH BABIES Oba 10.45am	BARRE CONCEPT Oba 10.45am	HEALTHY 4 LIFE Oba 10.45am	YIN YOGA 9.30am YANG YOGA 10.30am Ruth	HEALTHY 4 LIFE Oba 10.45pm (45mins)	BARRE CONCEPT Oba 9.45am
HEALTHY 4 LIFE Oba 12pm (45mins)	STRETCH & CORE Nicky 1.30pm		PILATES Anna 12pm		CIRCUITS Oba 11am
		YOGA Mirella 1.30pm	STRETCH & CORE Nicky 4pm	Available for PERSONAL TRAINING	MON/TUES/FRI THAI YOGA MASSAGE Book online, times on request Ruth Timms
BOXERCISE 45 Sue 5.30pm	YOGA Kara 6.10pm	HIIT (CIRCUITS) Sue 6pm	BARRE CONCEPT Oba 6pm		
CIRCUITS BOOTCAMP Sue 7pm	YOGA Kara 7.15pm	PERSONAL TRAINING	PILATES Francesca 7.15pm		

To find out more or to book please visit our website or the Mindbody App.

www.balancethecountrysidegym.co.uk