



EFFECTIVE FROM TUESDAY 2nd JANUARY

JANUARY - MARCH 2018 TIMETABLE

MONDAY	CLASS	INSTRUCTOR	VENUE
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10:45 - 11:45am	Core Conditioning	Helen Holness	North Cerney Village Hall
12:00 - 13:00pm	Pilates	Nicola Jersche	North Cerney Village Hall
17:45 - 18:45pm	Vinyasa Yoga	Karen Holding	Meysey Hampton Village Hall
18:30 - 19:30pm	Circuits	Andrea Smith	North Cerney Village Hall

TUESDAY	CLASS	INSTRUCTOR	VENUE
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18:00 - 19:00pm	Circuits	Paula Brown	Ann Edwards, South Cerney
19:05 - 20:05pm	Zumba	Paula Brown	Ann Edwards, South Cerney

WEDNESDAY	CLASS	INSTRUCTOR	VENUE
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10:45 - 11:45am	Core Conditioning	Tom Lewindon	North Cerney Village Hall
17:45 - 18:30pm	Spinning	Helen Holness	Cirencester Kingshill School
18:15 - 19:15pm	Kettlercise	Andrea/ Lisa	Watermoor School, Cirencester
19:30 - 20:30pm	Vinyasa Yoga	Noriko Spencer	Watermoor School, Cirencester

THURSDAY	CLASS	INSTRUCTOR	VENUE
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19:35 - 20:35pm	Pilates	Nicola Jersche	Watermoor School, Cirencester
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FRIDAY	CLASS	INSTRUCTOR	VENUE
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06:15 - 07:00am	Kettlercise	Andrea Smith	Watermoor School, Cirencester
10:45 - 11:45am	Core Conditioning	Lisa Jeffery	North Cerney Village Hall
18:00 - 19:00pm	Ashtanga Yoga	Noriko Spencer	Watermoor School, Cirencester

SATURDAY	CLASS	INSTRUCTOR	VENUE
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07:00 - 08:00am	Sunrise Yoga	Noriko Spencer	Watermoor School, Cirencester
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**DOWNLOAD OUR APP
FOR LIVE CLASS UPDATES**

- BOOK AND CANCEL FOR CLASSES
- **LIVE FITNESS CLASS UPDATES**
- NOTIFICATIONS SENT TO YOUR EMAIL/ MOBILE
- **NO CASH AT CLASSES - PAY VIA APP**
- MEMBERSHIPS AVAILABLE ONLINE
- **EASY TO VIEW AND USE - LETS START 2018 ON A HIGH!**

**IF YOU WOULD LIKE TO JOIN ON A MEMBERSHIP CONTACT LISA ON 07754451698
VISIT www.yourcommunity.co.uk/join.php**