

CLASSES

GET ACTIVE

Monday	BODY CONDITIONING	9:00am	Sacred Hearts, Charlton Kings
	MELLOW MOVES 50+	10:00am	Sacred Hearts, Charlton Kings
	MELLOW MOVES 50+	11:00am	Sacred Hearts, Charlton Kings
Tuesday	BODY CONDITIONING	9:30am	Tithe Barn, Bishops Cleeve
	MELLOW MOVES 50+	10:30am	Tithe Barn, Bishops Cleeve
Wednesday	YOGA PILATES	9:00am	Sacred Hearts, Charlton Kings
	MELLOW MOVES 50+	10:00am	Sacred Hearts, Charlton Kings
Thursday	BODY CONDITIONING	9:00am	Sacred Hearts, Charlton Kings
	MELLOW MOVES 50+	10:30am	St Nicolas', Prestbury
	MELLOW MOVES 50+	2:00pm	St Christopher's, Warden Hill