

## FORT REGENT

**Note: Please arrive promptly for classes, but not too early. Attendees should arrive ready to take the class with a bottle of water and minimal personal belongings as no lockers or changing facilities will be available.**

Day	Time	Class	Where	Instructor	Price	Active	Creche
Monday	09:15-10:00	Ambient Stretch*	Active Studio	Lisa Troy	£8	FREE	No
Monday	12:45-13:30	Full body low impact workout	Active Studio	Georgia Grant	£8	FREE	No
Monday	17:45-18:30	Pilates	Active Studio	Sheila Bond	£8	FREE	No
Tuesday	13:00-13:45	Pilates	Active Studio	Fiona De Miguel	£8	FREE	No
Tuesday	19:15-20:15	Body balance	Active Studio	Kate Denny-Mallen	£8	FREE	No
Wednesday	12:45-13:30	Full body low impact workout	Active Studio	Georgia Grant	£8	FREE	No
Wednesday	17:45-18:30	Core and conditioning	Active Studio	Georgia Grant	£8	FREE	No
Thursday	06:45-07:30	Body balance	Active Studio	Kate Denny-Mallen	£8	FREE	No
Thursday	09:15-10:00	Pilates	Active Studio	Fiona De Miguel	£8	FREE	No
Thursday	12:45-13:30	Pilates	Active Studio	Sonja Assiter	£8	FREE	No
Thursday	17:45-18:30	Pilates	Active Studio	Sheila Bond	£8	FREE	No
Thursday	19:15-20:15	Body balance	Active Studio	Kate Denny-Mallen	£8	FREE	No
Friday	09:15-10:00	Total Tone*	Active Studio	Lisa Troy	£8	FREE	No
Friday	10:45-11:45	Ambient Stretch*	Active Studio	Lisa Troy	£8	FREE	No

\* Will start week commencing 22 June

## LES QUENNEVAIS

Day	Time	Class	Where	Instructor	Price	Active	Creche
Monday	0715 - 0800	Pilates	Les Quennevais Sports Hall	Sonja Assiter	£8	FREE	No
Monday	0930 - 1015	Core Conditioning	Les Quennevais Sports Hall	Vicky Barratt	£8	FREE	No
Monday	1045 - 1130	Pilates	Les Quennevais Sports Hall	Vicky Barratt	£8	FREE	No
Monday	1315 - 1400	Total Tone *	Les Quennevais Sports Hall	Lisa Troy	£8	FREE	No
Monday	1745 - 1830	Pilates	Les Quennevais Sports Hall	Fiona DeMiguel	£8	FREE	No
Tuesday	0715 - 0800	Pilates	Les Quennevais Sports Hall	Sonja Assiter	£8	FREE	No
Tuesday	0930 - 1015	Body Conditioning	Les Quennevais Sports Hall	Lucy Kerr	£8	FREE	No
Tuesday	1045 - 1130	Pilates	Les Quennevais Sports Hall	Lucy Kerr	£8	FREE	No
Tuesday	1200 - 1245	Iyengar Yoga	Les Quennevais Sports Hall	Joy Cumming	£8	FREE	No
Tuesday	1745 - 1830	Pilates	Les Quennevais Sports Hall	Sonja Assiter	£8	FREE	No
Wednesday	0715 - 0800	Yoga	Les Quennevais Sports Hall	Shelly Godden	£8	FREE	No

Day	Time	Class	Where	Instructor	Price	Active	Creche
Wednesday	0930 - 1015	Muscle Pump	Les Quennevais Sports Hall	Carol Wood	£8	FREE	No
Wednesday	1045 - 1130	Pilates	Les Quennevais Sports Hall	Carol Wood	£8	FREE	No
Wednesday	1315 - 1400	Ambient Stretch*	Les Quennevais Sports Hall	Lisa Troy	£8	FREE	No
Wednesday	1745 - 1830	Pilates	Les Quennevais Sports Hall	Sonja Assiter	£8	FREE	No
Thursday	0715 - 0800	Pilates	Les Quennevais Sports Hall	Sonja Assiter	£8	FREE	No
Thursday	0930 - 1015	Body Conditioning	Les Quennevais Sports Hall	Lucy Kerr	£8	FREE	No
Thursday	1045 - 1130	Pilates	Les Quennevais Sports Hall	Lucy Kerr	£8	FREE	No
Thursday	1200 - 1245	Beginner Yoga	Les Quennevais Sports Hall	Henrietta Brice-Smith	£8	FREE	No
Thursday	1315 - 1400	Intermediate Yoga	Les Quennevais Sports Hall	Henrietta Brice-Smith	£8	FREE	No
Friday	0715 - 0800	Pilates	Les Quennevais Sports Hall	Sonja Assiter	£8	FREE	No
Friday	0930 - 1015	Body Sculpt	Les Quennevais Sports Hall	Caroline Nicolle- Brien	£8	FREE	No
Friday	1045 - 1130	Pilates	Les Quennevais Sports Hall	Caroline Nicolle- Brien	£8	FREE	No
Saturday	0715 - 0800	Pilates	Les Quennevais Sports Hall	Sonja Assiter	£8	FREE	No
Saturday	0930 - 1015	Body Sculpt	Les Quennevais Sports Hall	Caroline Nicolle- Brien	£8	FREE	No
Saturday	1045 - 1130	Yoga	Les Quennevais Sports Hall	Caroline Nicolle- Brien	£8	FREE	No
Sunday	0715 - 0800	Pilates	Les Quennevais Sports Hall	Sonja Assiter	£8	FREE	No
Sunday	0930 - 1015	Muscle Pump	Les Quennevais Sports Hall	Carol Wood	£8	FREE	No
Sunday	1045 - 1130	Pilates	Les Quennevais Sports Hall	Carol Wood	£8	FREE	No

\* Will start week commencing 22 June

There will be no classes from 27 - 29 June as the centre is being used for Community Antibody Testing  
Outdoor high intensity classes will be added if the weather is fine

## SPRINGFIELD

Day	Time	Class	Where	Instructor	Price	Active	Creche
Monday	9:15 -10:15	Fitness Pilates	Blue Room	Magda Bochen	£8	FREE	No
Tuesday	9:15 -10:00	Fitness Pilates	Blue Room	Sonja Assiter	£8	FREE	No
Tuesday	11:40 -12:25	Beginners Pilates	Blue Room	Fiona	£8	FREE	No
Wednesday	9:30 - 10:15	Fitness Pilates	Blue Room	Fiona	£8	FREE	No
Wednesday	10:35am -11:20	Everyday Pilates	Blue Room	Fiona	£8	FREE	No
Thursday	9:15 -10:15	Fitness Pilates	Blue Room	Magda Bochen	£8	FREE	No
Thursday	11:30 - 12.45	Yin Yoga	Blue Room	Michelle Cottillard	£8	FREE	No
Friday	10:35 - 11:50	Yoga Flow	Blue Room	Michelle Cottillard	£8	FREE	No