



	Class	Time	Instructor
Wednesday	Run Fit	09:00	Charlie
	Lift Fit	17:00	Charlie
Thursday	Core Fit	12:00	Charlie
Friday	Run Fit	09:00	Charlie
	Lift Fit	17:00	Charlie
Saturday	Vinyasa Flow Yoga	09:00	Milly
	Core Fit	12:00	Charlie
	Lift Fit	17:00	Charlie
Sunday	Run Fit	09:00	Charlie
	Lift Fit	12:00	Charlie
	Lift Fit	17:00	Charlie

Book online or via the Club Vie app