



Yeofit Lockdown 2 Classes Timetable from 9th Nov 20

To book and for info on latest list of classes see the website: www.lynnejoynerfitness.co.uk

	Monday	Tuesday	Wednesday	Thursday	Friday
07:30 - 08:15				Body Wgt Strong	
				Paul Bunce - studio	
				7.30-8.15am	
				*no equipment needed	
17:30 - 18:15	Bootcamp/circuits	Body Blast!	Body Conditioning	Body Blast!	
	Dan 5.30-6.15pm	Lynne 5.30-6.15pm	Dan 5.30-6.15pm	Lynne 5.30-6.15pm	
	Zoom	Zoom	Zoom	Zoom	
18:30 - 19:00				Aerobics Zoom	
19:00 - 19:30				LJ	
				Pilates 8-9pm	
				LJ studio	

* Please use any resistance bands/ handweights or kettlebells if you have them - or bottle of water/can beans!

*Contact Lynne Joyner to buy resistance bands or order online from Amazon etc lynne.joyner1@gmail.com

Louise Wiseman - for classes/personal training tel 07919 416927

louwiseman73@gmail.com

Dan Edney for classes and Personal Training tel 07557 308579

info@danedneyfitness.co.uk

Paul Bunce for rehab and performance training 07469 932304

pozza2020outlook.com

Alexander Technique: Book/pay Belinda May:

belinda.e.may@gmail.com

Yoga Gary Osborn-Clarke 0789 903 4645: Book/pay

gary@yogabristol.co.uk

Physio Clinical Pilates Fiona Stretton-Pow: Book/Pay 07837 213247

mendippps@gmail.com

Iyengar Yoga: Debbie Rivers-Moore: Book/Pay 07815 799865

debbie@rivers-moore.com

Yoga with Sarah Constantanides: Book/pay 07879 206543

sarah.buscottfarm@gmail.com

Yoga Jessica Adams from January 2021 07818 407 796: Book/pay

jessica@yoja.co.uk

BlueSky Physiotherapy tel 0117 946 7618

<https://www.blueskysportsphysio.co.uk/contact>