

Yeofit Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Spinning 0700 45mins Gosia	Kettlercise 0700 45mins Gosia	Spinning 0700 45mins Gosia	H Core 2 0700 45mins Gosia	Spinning 0700 45mins Lynne
Pilates 0930 1hr Lynne		Awakening Flow 0800 1hr Rebel Yoga	*Yoga 0830 2hr15 Sarah	Ashtanga Yoga 0800 1hr Rebel Yoga
Pilates 1100 1hr Lynne		Post Natal 0930 1hr Lou	Pilates 1100 1hr Lynne	Yin & Mindfulness 1800 1hr Rebel Yoga
Couch to 5k 1300 45mins Lou	*Pilates 1230 1hr Fiona	Gentle Flow 1730 1hr Rebel Yoga	Vinyasa Yoga 1230 45min Rebel Yoga	
Ex 4 Health 1500 1hr Lou	*Rehab Pilates 1415 1hr Fiona	*Yoga 1900 1hr30 Debbie	Ex 4 Health 1530 1hr Lynne	
Ladies That Lift 1600 1hr Lou	Step and Tone 1730 45mins Madi		Fitness Pilates 1730 1hr Madi	
Monday Mashup 1730 45mins Lou	Core Strength 1830 45mins Madi		Power Pump 1845 1hr Madi	1900 1hr Eva
Spinning 1830 45mins Dan	Spinning 1930 45mins Madi	*To book classes direct see below: Fiona Stretton-Pow: 07837213247 mendippops@gmail.com Debbie Rivers-Moore : 07815799865 debbie@rivers-moore.com Sarah : 07879206543 sarahconstantinides@outlook.com Bluesky : 0117 946 7618 www.blueskysportsphysio.co.uk		
Rebel Flow 1930 1hr Rebel Yoga		Rebel Yoga Projects: hello@rebelyogaprojects.com		
Yeofit: www.lynnejoynerfitness.co.uk lynne.joyner1@gmail.com				