

Teme Church Stretton Exercise Class Timetable

Teme Church Stretton

Accurate as of 20/01/2018

Times for Thursday 14 September



Time	Session	Facility
09:15 - 10:00	Studio Cycling	Studio
10:15 - 11:15	Yoga	Studio
17:00 - 18:00	Fitness Pilates	Studio
18:00 - 19:00	Body Conditioning	Studio
18:30 - 19:15	Legs, Bums & Tums	Sports Hall
19:00 - 20:00	Cardio Party Hour	Studio
19:15 - 20:00	Kettlebell Body Blast	Sports Hall
20:00 - 21:00	Yoga	Studio