



# juice pilates

Starts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00	Juice Camp	Clare Hall BC	Juice Camp	Clare Hall BC	Clare Hall BC	
9:30		Arms & Abs		LBT	Arms & Abs	
10:00	Body Tone					
10:30			Classic			
11:00	Personal Training					
11:30				Personal Training		
12:00		Personal Training	Personal Training		Personal Training	
					Clare Hall BC	
5:00						Lucy Cav BC
5:30	Lucy Cav BC				Body Tone	(11:30 - 12:25)
6:00		Squatastic		Classic		
6:30	Arms & Abs		Energizing Jump			Reformer Circuits
7:00		Hatha Yoga		Hatha Yoga		(12:30 - 12:25)
7:30	LBT		Arms & Abs			
8:00		Juice Camp (45 min)		Juice Camp (45 min)		

 Reformer Class (55 min)

 Personal Training (55 min)

 Yoga (55 min)

 Special Class (55 min)

**First Class is £1!**

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