




# juice pilates

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Starts						
7:00	Energizing Jump	Total Body Wake Up	Reserved	Energizing Jump	Reserved	
9:30	Hatha Yoga	Gentle Cardio	Hatha Yoga	LBT	Arms & Abs	
10:00	(9:30-10:45)		(9:30-10:45)			Energizing Jump
10:30		Arms & Abs		Arms & Abs	LBT	
11:00	Reserved		Body Tone			
11:30		LBT		Reserved		
12:00	Reserved		Classic		Reserved	
5:00		Body Tone		Core & Fitness		
5:30	Gentle Cardio		Arms & Abs		Body Tone	
6:00		Squatastic		Classic		
6:30	Arms & Abs		Energizing Jump			
7:30	LBT	Hatha Yoga (7:30-8:45)	Body Tone	Hatha Yoga (7:30-8:45)		

	Reformer Class (55 min)		Reserved		Yoga (1 hour 15 min)
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**First Class is £1!**

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