

# Ardencote Class Timetable

## Monday

16.30 - 17.30 Pure Stretch  
17.30 - 18.30 Body Toning  
18.30 - 19.30 Boxersize

## Tuesday

18.00 - 19.00 Kettlesize

## Wednesday

10.30 - 11.30 Body Conditioning  
16.30 - 17.30 Pilates  
17.30 - 18.30 Body Toning  
18.30 - 19.30 Zumba

## Thursday

8.00 - 9.00 Body Conditioning  
17.30 - 18.30 Kettle and Core

## Saturday

8.30 - 9.30 Pilates  
9.30 - 10.30 Body Toning

## Sunday

8.45 - 9.45 Zumba

All classes will be held in the studio.  
In the event of good weather, they will be held outside