













TIMETABLE-DELAMERE OUTDOOR FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday	Workshops / Events
	Pilates 8.00-9.00am (2) Claire 			Dynamic Kettlebells am 9.10-10.10 (2) Jo  	22ND September Vinyasa Flow 'Focus on Twists' 9.00am-10.30am (£10) followed by breakfast at Delamere Station House (optional)
	Fitmamas Outdoors 10.30-11.30am (1-2) Hal 			Pilates 10.15-11.15 am (2-3 0 Claire 	
		Pilates for Runners (2) Claire* 6.00-7.00pm 			
		HITT (2-3) Claire** 7.05-7.35pm 			
Hell on the Hills (2-3) Jo 7.00-8.00pm 	Forest Fitness Trail (2-3) 7.30-8.30pm Claire 				

Starts
Monday 10th
September 2019

-  PAYG
-  Pre Bookable Course/class
-  Bring babies

- 1= Beginner Intensity
- 2= Intermediate Intensity
- 3= Advanced Intensity
- ** NEW Class
- * New Time