

TIMETABLE-DELAMERE OUTDOOR FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday	Workshops / Events
	Trigger Point Pilates 8.15-9.15* am (1-2) Claire			Dynamic Kettlebells am 9.10-10.10 (2) Jo	Delamere Santa Dash 16th December
	Fitmamas Outdoors** 10.30-11.30am (1-2) Hal			Pilates 10.15-11.15 am (1-2) Carol	
		Pilates for Runners (2) Claire 6.30-7.30pm	Vinyasa Flow Yoga (1/2) Leena 6.30pm		
Dynamic Kettlebells (2) Jo 6.30-7.30pm.	Hardcore XChallenge** (2/3) Claire 7.30-8.30pm	DOF HITT Boot Camp (3) Chris 7.00-8.00pm			
Run Club (2) Jo 7.30-8.30pm		Fit and Flabulous 5 week course (1) ** 7.30-8.40pm Lynda (7th Nov)			

Starts

16th November 2018



PAYG



Pre Bookable Course



Bring babies

1= Beginner Intensity

2= Intermediate Intensity

3= Advanced Intensity

** NEW Class

* New Time