


















TIMETABLE-DELAMERE OUTDOOR FITNESS



Monday	Tuesday	Wednesday	Thursday	Friday	Workshops / Events
	Trigger Point Pilates 8.00-9.00am (1-2) Claire 			Dynamic Kettlebells am 9.10-10.10 (2) Jo  	
	Fitmamas Outdoors 10.30-11.30am (1-2) Hal 			Pilates 10.15-11.15 am (1-2) Claire 	
		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. 	Couch to 5k running 8 week course 7.00-8.00pm (Starts 15th January) 	DOF HITT Boot Camp(2-3) 7.00-8.00pm Chris 	Skip & Abs 4 week Intense Weight Loss Course (starts 24th January) 		
Run Club (2) Jo 7.30-8.30pm 	Hardcore X Challenge 7.30-8.30pm (3) (spaces limited to 9 people so pre book each week) 	Fit and Flabulous 5 week course (1) (starts 23rd January) 7.30-8.40pm Lynda 			

**Starts
Wednesday 2nd
January 2019**

-  PAYG
-  Pre Bookable Course/class
-  Bring babies

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