

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	
	Fitmamas Outdoors 10.30-11.30am (1-2) Hal			Pilates 10.15-11.15 am (1-2) Carol– 5th July then Claire from the 12th July	
		Pilates for Runners (2) Claire 6.30-7.30pm	Vinyasa Flow Yoga (1/2) Leena 6.30-7.30pm		
Hell on the Hills (2-3) Claire/Chris 6.30-7.15pm.	5k Faster Running Course 7pm-8pm (2) Jo	DOF HITT Boot Camp(2-3) 7.00-8.00pm Chris			
Speed Agility and Quickness for Runners (2) Jo 7.00-8.00pm	Forest Fitness Trail (2-3) 7.30-8.30pm Claire	Fit & Flabulous (1-2) 7.30-8.30pm Lynda			

**Starts
Tuesday 4th
June 2019**

- PAYG
- Pre Bookable Course/class
- Bring babies
- 1= Beginner Intensity
- 2= Intermediate Intensity
- 3= Advanced Intensity
- ** NEW Class
- * New Time