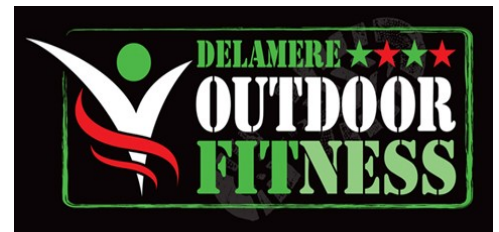













TIMETABLE-DELAMERE OUTDOOR FITNESS



Thursday 27th December	Friday 28th December	Wednesday 2nd January 2019	Thursday 3rd January 2019	Friday 4th January 2019
	Dynamic Kettlebells 10.00am Jo  			Dynamic Kettlebells am 09.10-10.10am (2) Jo  
Vinyasa Flow Yoga with Leena 6.30pm 		Pilates for Runners 6.30pm-7.30pm Claire 	Vinyasa Flow Yoga 6.30pm Leena 	Pilates 10.15- 11.15am Carol 
		DOF Boot Camp 7pm- 8pm Chris 		

Christmas & New Year Time-table

 PAYG or inclusive of membership

 Bring babies

