

Sunday 20 Jan 2019	Duration	Intensity Level
09:30 -- Body Blitz	60 mins	⊕ ⊕ ⊕ ⊕

Tuesday 22 Jan 2019	Duration	Intensity Level
18:00 -- Body Blitz	60 mins	⊕ ⊕ ⊕ ⊕

Thursday 24 Jan 2019	Duration	Intensity Level
18:00 -- Yoga	60 mins	⊕ ⊕ ⊕ ⊕

Sunday 27 Jan 2019	Duration	Intensity Level
09:30 -- Body Blitz	60 mins	⊕ ⊕ ⊕ ⊕

Tuesday 29 Jan 2019	Duration	Intensity Level
18:00 -- Body Blitz	60 mins	⊕ ⊕ ⊕ ⊕

Thursday 31 Jan 2019	Duration	Intensity Level
18:00 -- Yoga	60 mins	⊕ ⊕ ⊕ ⊕

This timetable is current as of 18/01/2019. Activities and schedules subject to change.

Whilst we make every effort for classes to be covered, there may be occasions where we have no option but to offer an alternative class due to instructor availability.

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 Sporting Club of Bedlington  @ActiveNland