



FFG CLASSES TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:20-7.20 Body Toning with Lisa	AVAILABLE TO RENT OUT	6:20-7.20 Body Toning with Lisa	AVAILABLE TO RENT OUT	6:20-7.20 Body Toning with Lisa	AVAILABLE TO RENT OUT
11.00-12.00 Physio-led Pilates	15:30 - 16:30 <u>Rinka</u> <u>Kids Class</u>	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT
AVAILABLE TO RENT OUT	16:30 - 17:30 <u>Rinka</u> <u>Kids Class</u>	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT
AVAILABLE TO RENT OUT	17:30 - 18:30 <u>Rinka</u> <u>Kids Class</u>	18.00-19.00 Physio-led Pilates	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT
AVAILABLE TO RENT OUT	19.00-20.00 Body Toning with Lisa	19.00-20.00 Physio-led Pilates	19.00-20.00 Body Toning with Lisa	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT
20.15-21.15 Physio-led Pilates	AVAILABLE TO RENT OUT	20.00-21.00 Physio-led Pilates	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT	AVAILABLE TO RENT OUT

CLASSES ARE 60 MINUTES LONG. BOOKINGS MUST BE MADE WITH THE APPROPRIATE CLASS TUTOR PRIOR TO THE CLASS