

Time/Day	Monday	Tue	Wed	Thursday	Friday	Sat	Sun
9.30am				9.30am Toddler yoga Cheshire care ltd	9.30am Body Blast / Gym Ect 1 hour		
10.30am					10.30am Yoga / Gym Ect 1 hour	Aerial hoop Age 5-8 The Hub	Day retreats @the hub
11.30am			Fusion Yoga @The Hub	Available For Reiki			And Tythingt on Spa
12noon	12.15- 1pm Toddler yoga The hub			Available For: Reiki	12noon Aqua Mix Gym ect	Aerial hoop Age 8- 13 The Hub	
1pm Onwards	1.15pm- 2.15pm Parental yoga The hub	Available For private Tuition at Glebe Farm		Available For: Reiki/ Aerial hoop privates		2pm Aerial hoop Age 14- adults The hub	
5.30pm		5.30- 6.30pm Junior aerial/ Adult pole		Available for Reiki			
6pm							
6.30pm		6.30 - 7.30pm Adult aerial/ Adult pole					
7pm	7pm – 8pm Junior Aerial hoop Tramp2		7pm- 8pm Fushion Yoga 1 hour Gym Ect				