

Time/Day	Monday	Tuesday	Wed	Thursday	Friday	Sat	Sun
9.30am					Body Blast / Gym Ect 1 hour	Day retreats	
10am							
10.30am					Yoga / Gym Ect 1 hour		
11am				Mum and baby yoga Tramp2Lean 1 hour			
12noon				Private aerial hoop tuition 12 till 3			
4.30pm							
5pm							
5.30pm		Junior Aerial hoop and silks Course :Becky Adult pole course: Claire Glebe farm/Cheshire					
6pm	Junior Aerial hoop Course Tramp2Lean 1 hour						
6.30pm		Adult Aerial hoop and silks Course: Becky adult pole course; Claire Glebe farm/Cheshire					
7pm	Adult Aerial hoop Course Tramp2Lean 1 hour		Fushion Yoga 1 hour Gym Ect				
7.30pm							
8pm							
8.30pm							