

BACK2HEALTH TIMETABLE

THESE CLASSES ARE INTENDED FOR BACK2HEALTH MEMBERS

	TIME	ACTIVITY	INSTRUCTOR	STUDIO
MON	10:15 - 11:00	Soft Circuits	Natalie	Studio 4
	11:15 - 12:00	Standing Strong	Nicole	Studio 4
	14:00 - 15:00	Water Conditioning	Natalie	Swimming Pool
TUES	11:30 - 12:15	Standing Pilates	Robyn	Studio 4
	11:30 - 12:15	Fit Steps	Paula	Studio 3
	12:30 - 14:00	Simply Rehab	Nicole	Studio 3
	16:00 - 16:45	Neurological Class	Alex	Studio 2
WEDS	10:30 - 11:15	Seated Yoga	Andrew	Studio 4
	11:30 - 12:15	Soft Circuits	Ellie	Studio 4
	13:00 - 13:45	Health Tai Chi	John	Studio 2
THUR	11:30 - 12:15	Seated Yoga	Anna	Studio 2
	11:30 - 12:15	Soft Circuits	Sarah	Studio 3
	13:00 - 13:45	Standing Strong	Nicole	Studio 2
	14:00 - 14:45	Gentle Pilates	Natalie	Studio 2

MEET OUR BACK2HEALTH COORDINATOR



NICOLE BANKS

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