














MONDAY	9.30am - 10.15am Fitness Pilates with weights 	10.15am - 11.00am Qigon 		6.00pm - 6:30pm Meditation (Alternate Mondays Every 2nd & 4th Monday) 	
TUESDAY		 9:15am - 10.00am Fitness Pilates The Hub Knaresborough		6:00pm - 7.00pm Vinyasa Flow Yoga 	
WEDNESDAY				7:00pm - 7.45pm Gentle Stretch Pilates 	 7:00pm - 7.45pm Pilates HGS £10 Pay as you go
THURSDAY			12:30pm - 1:15pm Power Pilates Advanced 	5:45pm - 6:45pm Yoga Gently 	
FRIDAY	9.15am - 10.00am Fitness Pilates with Weights  HSFC  £10 Pay as you go	10.15am - 11.15am Vinyasa Flow Yoga 			
SATURDAY				<p>All Classes must be booked online via the Website or the App</p> <p>https://heavenandhellfitness.com/book-your-class/</p>	

 Face to Face Classes

 Live Online Zoom Classes
Workout from home

  Face to Face & Online Class

HSFC - Harrogate Squash & Fitness Centre
HGS - Harrogate Grammar School