

<b>MONDAY</b>	<b>9.30am - 10.15am</b> Fitness Pilates with weights 	<b>10.15am - 11.15am</b> Hatha Yoga 	<b>12:30pm - 1:00pm</b> Abs Blast 	<b>6.00pm - 6:30pm</b> Meditation (Alternate Mondays Every 2nd & 4th Monday) 	<b>6.00pm - 6:45pm</b> (excl Bank Hols) Face to Face Outdoor Fitness Harrogate Grammar School £8 Pay as you go 
<b>TUESDAY</b>	<b>6.30am - 7.00am</b> Choose-day Mix-up cardio and conditioning 	<b>9:15am - 10.00am</b> Fitness Pilates with weights 	<b>10:15am - 10.45am</b> Strength Training 	<b>6:00pm - 7.00pm</b> Dynamic Yoga 	
<b>WEDNESDAY</b>	 <b>6.15am - 7.00am</b> Early Bird Fitness Face to face Main Hall Hgte Grammar School £10 Pay as you go	<b>9.30am - 10.15am</b> HIIT Training 	<b>6:00pm - 6.45pm</b> Boxercise Circuits 	<b>7:00pm - 7.45pm</b> Fitness Pilates 	 <b>7:00pm - 7.45pm</b> Face to face Pilates Harrogate Grammar School £10 Pay as you go
<b>THURSDAY</b>	<b>6.30am - 7.00am</b> Early Bird Legs, Bums & Tums 	<b>9:30am - 10.00am</b> 80's & 90's Aerobics 	<b>10:15am - 10.45am</b> Strength Training 	<b>12:30pm - 1:15pm</b> Power Pilates Advanced 	
<b>FRIDAY</b>	<b>9.30am - 10.15am</b> Fitness Pilates with Weights 	<b>10.15am - 11.15am</b> Vinyasa Flow Yoga 			
<b>SATURDAY</b>	 <b>9.00am - 9.45am</b> Face to Face Outdoor Fitness Harrogate Grammar School £8 Pay as you go				