



# m3 class timetable

time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.00							
30	6.30-7.30am		6.30-7.30am		6.30-7.30am		
07.00	Cycle & Circuit		Indoor cycling		Cycle & Circuit		
30							
08.00							
30							
09.00							
30		9.30-10.45am		9.30-10.45am		9.30-10.45am	
10.00		Yoga – Open level		Yoga–Open level/Flow		Yoga – Dynamic	
30						10.45-11.45am	
11.00		11.00-12.15pm				Indoor cycling	
30		Yoga – Gentle all ages					
12.00							
30							
13.00	*1.00 -2.00pm				1.00-2.00pm		
30	Pilates – Open level				Yoga – Open level		
14.00							
30							
15.00							
30							
16.00							
30							
17.00							
30							
18.00		6.00-7.15pm	6.00-7.15pm				
30		Yoga – Open level	Yoga–Beginner/L1				
19.00							
30	7.30-8.30pm	7.30-8.45pm	7.30pm	7.30pm			
20.00	Indoor cycling	Yoga – Open level	Yoga	Cycling			
30							

*\*Pilates only available in term time*

Due to limited spaces, we recommend pre-booking your space to avoid disappointment. Classes are booked online (if previously attended) or over the telephone.

Prices: Pay as you go class attendance (single class) = £12.50 / Block payment of 12 classes = £120.00 (3 months expiry date)

Indoor cycling classes & Yoga are to be paid on separate pre-paid blocks

**movement3**

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