

Exercise Class Timetable



Monday

1pm - Rhys

7pm - Rhys

Tuesday

9am - William

1pm - Qianer

6pm - Qianer

Wednesday

9am - Rhys

1pm - Chloe

Thursday

7am - James

10am - William

1pm - Rhys

6pm - Rhys

Friday

7am - Qianer

9:30am - James

11:30am - Qianer

(Pre- and Postnatal Class)

12:30pm - Qianer

For more info scan here:

