

PHYSIO-LED STUDIO CLASSES (1:8) MATWORK & BARRE TIMETABLE 2024/25



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:30				DYNAMIC BARRE with SERJI
10:30	DYNAMIC MATWORK with TARA			
12:00		DYNAMIC BARRE with SERJI		
13:00				DYNAMIC MATWORK with RHEN
18:00		DYNAMIC MATWORK with ROBYN		CYCLISTS MATWORK with GEORGIA
19.00	DYNAMIC MATWORK with RHEN	RUNNERS MATWORK with ROBYN	DYNAMIC MATWORK with HELEN	

ENQUIRIES: 0742 848 0827 or westcott@corefitphysio.com