

STUDIO CLASSES (1:8)

2025 TIMETABLE

OCTOBER 2025 ONWARDS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30						
09:30				DYNAMIC BARRE with SERJI		
10:30	DYNAMIC MATWORK with TARA					
11:30						
12:00		DYNAMIC BARRE with SERJI				
13:00						
14:00						
17:00					PHYSIO-LED YOGA with NICOLA	
18.00		DYNAMIC MATWORK with HANNAH		DYNAMIC MATWORK with YASMIN		
19.00	DYNAMIC MATWORK with HANNAH	DYNAMIC MATWORK with HANNAH	DYNAMIC MATWORK with NICOLA			

ENQUIRIES: 0742 848 0827 - westcott@corefitphysio.com