

Mon 7 August		Tues 8 August		Wed 9 August		Thurs 10 August			Fri 11 August		
AM	Pilates		Yoga	Pilates	Express FTF	Express Pilates Ball	Pilates			FTF	Pilates on Ball
	9.45 - 10.45		9.30 - 10.30	9.15 - 10.10	9.30 - 10.20	10.30 - 11.20	9.30-10.30			9.00- 9.45	9.55 - 10.45
	St Andrews		Meth Church	St Andrews	St Andrews	St Andrews	St Andrews			St Andrews	St Andrews
	Jane		Vikki	Ruth	Jane	Jane	Jane			Wendy	Jane
PM											
EVE	Dance Super	Pilates	Pilates	Cardio Core	Restorative Yoga		Pilates	Yoga	Cardio Core		
	7.30 - 8.30	7.15 - 8.15	7.30- 8.30	7.30 - 8.30	7.15 - 8.15		6.30-7.30	7.15 - 8.15	7.30 - 8.30		
	Coldfall	St Andrews	Coldfall	Coldfall	Coldfall		Coldfall	St Andrews	Coldfall		
	Jane	Isobel	Marie-Jo	Emmanuel	Vikki		Matt	Vikki	Emmanuel		
Saturday 12 August					Sunday 13 August			www.jcwfitness.co.uk			
AM	Pilates Yoga Flow	Dance Fit T	Pilates	Pilates Yoga Flow							
	9.30 - 10.30	10.15-11.15	11.30-12.30	10.00 - 11.00							
	St Andrews	Coldfall	Coldfall	Coldfall							
	Louise	Jane	Jane	Louise							
	Summer Special										
<i>Non-JCW Fitness guests welcome at our Summer Specials (£10 drop in)</i>											