

Mon 14 August		Tues 15 August		Wed 16 August		Thurs 17 August		Fri 18 August	
AM	Pilates	Pilates		Express FTF	Express Pilates Ball	Pilates		FTF	Pilates on Ball
	9.45 - 10.45	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	St Andrews		St Andrews	St Andrews	St Andrews		St Andrews	St Andrews
	Jane	Ruth		Jane	Jane	Jane		Jane	Jane
PM						Eva Singing Live			
EVE	Pilates	Pilates	Cardio Core	Restorative Yoga		Pilates	Yoga	Cardio Core	
	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	
	St Andrews	Coldfall	Coldfall	Coldfall		Coldfall	St Andrews	Coldfall	
	Isobel	Marie-Jo	Emmanuel	Vikki		Louise	Vikki	Emmanuel	
Saturday 19 August				Sunday 20 August				<a href="http://www.jcwfitness.co.uk">www.jcwfitness.co.uk</a>	
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					
<i>Non-JCW Fitness guests welcome at our Summer Specials (£10 drop in)</i>									