

Mon 21 August		Tues 22 August		Wed 23 August		Thurs 24 August			Fri 25 August	
AM	Pilates	POP UP	Yoga	Pilates	Express FTF	Express Pilates Ball	Pilates		Pilates on Ball	
	9.45 - 10.45	Cardio Core Fun	9.30 - 10.30	9.15 - 10.10	9.30 - 10.20	10.30 - 11.20	9.30-10.30		9.30 - 10.30	
	St Andrews	10.50 - 11.30	Meth church	St Andrews	St Andrews	St Andrews	St Andrews		St Andrews	
	Jane	St Andrews	Vikki	Ruth	Jane	Jane	Jane		Jane	
PM		Jane								
EVE	Pilates			Cardio Core	Restorative Yoga		Pilates	Yoga	Cardio Core	
	7.15 - 8.15			7.15 - 8.15	7.15 - 8.15		6.30-7.30	7.15 - 8.15	7.30 - 8.30	
	St Andrews			Coldfall	Coldfall		Coldfall	St Andrews	Coldfall	
	Isobel			Emmanuel	Vikki		Matt	Vikki	Emmanuel	
Saturday 26 August					Sunday 27 August					www.jcwfitness.co
AM	Pilates Stretch 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						
	Becki	Jane	Jane	Louise						
	Summer Special									
<i>Non-JCW Fitness guests welcome at our Summer Specials (£10 drop in)</i>										