



Highdown Sport and Leisure Internal Classes Timetable



Day	Time	Class	Venue	Instructor
Monday	16:45-17:45	Boxercise	Barn	D Burnell (HSL)
Tuesday	18:00-19:00	Legs, Tums & Bum	Barn	HSL Staff
	19:30-20:30	Yoga	Barn	Kate Cullum (HSL)
Wednesday	18:30-19:30	Boot Camp	Barn	HSL Staff
Thursday	18:00-19:00	Core Strength	Barn	HSL Staff
Friday				
Saturday	10:00-11:00	Yoga	Barn	Kate Cullum (HSL)

Open to everyone

- Non members pay just £5 a class or buy a pack of 10 for £45.
- Please call to book:
0118 901 5812

