



CLASS SCHEDULE

MONDAY

- 0915 - 1015 Pilates For All | Zara Mojdeh Mirfakhraee | zarano1@msn.com | 07532 418542 | www.zarayogapilates.co.uk
- 0915 - 0945 Monday Cardio Fun | Karen Hambrook Fun & Fit | karen.funandfit@gmail.com
- 0955 - 1045 Monday Fitness Pilates | Karen Hambrook Fun & Fit | karen.funandfit@gmail.com
- 1000 - 1200 Bumps & Babies Group | facebook.com/groups/saltdeanbumps2babies/
- 1230 - 1325 Midlife - Meno Full Body Workout | Silvia Ella | 07799200028 | www.silviactive.com
- 1335 - 1430 Power Hour: Curl 'n Crunches, Booty Build & Transform | Silvia Ella | 07799200028 | www.silviactive.com
- 1700 - 1915 Taekwondo | Howard Mayes | brightontaekwondo@gmail.com
- 1715 - 1815 KokoSculpt | Rachel Pattenden | 07846072571 | rachelpattenden@hotmail.com
- 1815 - 2030 Yoga | Heather Deaville | www.deavilleyoga.com/classes
- 1830 - 1930 Totally Shredded Workout | Zuzana Strbakova | 07861639382 | zuz_fitness@yahoo.co.uk | Instagram zenergyzuzana

TUESDAY

- 0915 - 1130 Yoga | Heather Deaville | www.deavilleyoga.com/classes
- 1000 - 1200 The Self-Care Salon for Women | www.katemarillat.com
- 1330 - 1345 Silver Sneakers | Sharon Dawes | sharonanscombe@aol.com
- 1800 - 2000 Tuesday Yoga | Viktoria Gebei-Tari | viki@viktoriatari.com
- 1900 - 2000 Zumba | Olivia Van Day | 07879777571 | Facebook: zumbawitholivia

WEDNESDAY

- 0930 - 1030 Beginners/Improvers Yoga - Ashtanga | Lin Bridgeford | lin@osteo-info.co.uk | www.osteo-info.co.uk
- 0930 - 1115 Intermediate/All Levels Yoga - Ashtanga | Lin Bridgeford | lin@osteo-info.co.uk | www.osteo-info.co.uk
- 1100 - 1200 Pilates | Gareth Burnell | www.balancedlifefitness.net/aboutgarethburnell
- 1115 - 1200 Chair Yoga | Lin Bridgeford | lin@osteo-info.co.uk | www.osteo-info.co.uk
- 1200 - 1230 Pranayama (Breathing) | Lin Bridgeford | lin@osteo-info.co.uk | www.osteo-info.co.uk
- 1600 - 1700 Five Rhythms Dance | Neda Nenadic | neda.nenadic@gmail.com
- 1730 - 1900 Weight Watchers | www.weightwatchers.com/uk/find-a-workshop
- 1800 - 1845 Beginners/Improvers Yoga - Ashtanga | Lin Bridgeford | lin@osteo-info.co.uk | www.osteo-info.co.uk
- 1845 - 2000 Intermediate/All Levels Yoga - Ashtanga | Lin Bridgeford | lin@osteo-info.co.uk | www.osteo-info.co.uk

THURSDAY

- 0800 - 0900 Thursday Morning Yoga | Viktoria Gebei-Tari | viki@viktoriatari.com
- 0915 - 1200 Yoga | Heather Deaville | www.deavilleyoga.com/classes
- 0930 - 1030 Fit Mums | Ria Binney | www.instagram.com/rbfittraining
- 1215 - 1315 Thursday Pilates | Zuzana Strbakova | 07861639382 | zuz_fitness@yahoo.co.uk | Instagram zenergyzuzana
- 1800 - 2000 Thursday Yoga | Viktoria Gebei-Tari | viki@viktoriatari.com
- 1830 - 1930 Pilates | Sandy Naylor | sandynaylor@ntlworld.com
- 1930 - 2030 Thursday Yoga | Sarah Falvey | www.sarahfalvey-fitness.com

FRIDAY

- 0845 - 0945 Seize The Freeze/Wim Hoff | Phil Gilbert | 07769 701381 | www.saltpathcoaching.com
- 0930 - 1230 Standing Tall Class | Julie & Ruth | info@standingtall.net | www.standingtall.net | Julie: 07736 122941. Ruth: 07399993426
- 0930 - 1030 Zumba | Olivia Van Day | 07879777571 | Facebook: zumbawitholivia
- 1000 - 1200 Transformational Womens Group | Benna McCartney | www.bennamccartney.com/group
- 1100 - 1200 Koko Strength | Rachel Pattenden | 07846072571 | rachelpattenden@hotmail.com
- 1200 - 1300 The Science of Stretching | Rachel Pattenden | 07846072571 | rachelpattenden@hotmail.com
- 1230 - 1330 Seize The Freeze/Wim Hoff | Phil Gilbert | 07769 701381 | www.saltpathcoaching.com
- 1330 - 1430 Friday Pilates | Zuzana Strbakova | 07861639382 | zuz_fitness@yahoo.co.uk | Instagram zenergyzuzana

SATURDAY

- 0800 - 0855 HIIT | Sarah Falvey | www.sarahfalvey-fitness.com
- 0800 - 0900 KOKO Strength | Rachel Pattenden | 07846072571 | rachelpattenden@hotmail.com
- 0900 - 1000 Clubbercise Combat | Rachel Pattenden | 07846072571 | rachelpattenden@hotmail.com
- 0930 - 1030 Yoga | Marie Walshe | 07766521512 | hello@thewildsoulyoga.com | www.thewildsoulyoga.com
- 1015 - 1115 Zumba | Olivia Van Day | 07879777571 | Facebook: zumbawitholivia
- 1130 - 1230 Five Rhythms Dance | Neda Nenadic | neda.nenadic@gmail.com

SUNDAY

- 0900 - 1030 Kundalini Yoga | Euna Dawkins | 07774075905 | eunadeuna@gmail.com
- 1100 - 1230 Yoga | Elly Geary | 07585 263464 | elly@thankfulflow.com | www.thankfulflow.com

