



KNOWLE GRANGE CLASS TIMETABLE FROM OCTOBER 2023

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Cost to Members	Cost to non-Members
Core Class (Seb)					08:15 - 08:45		FREE to Members	£10 per session or book 10 sessions and get the 11th session free
Beginners Circuit (Seb)			08:15 - 09:00				FREE to Members	£10 per session or book 10 sessions and get the 11th session free
Somatics (Isabelle)					09.15 - 10.15 (from 13 October)		£15 per session or book 10 sessions and get the 11th session free	£20 per session or book 10 sessions and get the 11th session free
Elasko - maximum 4 in a class (Lucy)		12.00 - 12.45		12.00 - 12.45			£25 per session or book 10 sessions and get the 11th session free	£30 per session or book 10 sessions and get the 11th session free
Pilates Combi-trainer class - maximum 4 in a class (Sharon)	09:15 - 10.15		18:15 - 19:15				£25 per session or book 10 sessions and get the 11th session free	£30 per session or book 10 sessions and get the 11th session free
Pilates (Lucy)		09:15 - 10:15		09:15 - 10:15			£15 per session or book 10 sessions and get the 11th session free	£20 per session or book 10 sessions and get the 11th session free
Yoga (Lucy)		10:30 - 11:30		10:30 - 11:30			£15 per session or book 10 sessions and get the 11th session free	£20 per session or book 10 sessions and get the 11th session free
Kids' Yoga - ages 4 to 11 (Laure)			15.45 - 16.30				£10 per session or book 10 sessions and get the 11th session free	£12.50 per session or book 10 sessions and get the 11th session free
Yoga (Isabelle)	18.15 - 19.15						£15 per session or book 10 sessions and get the 11th session free	£20 per session or book 10 sessions and get the 11th session free
Bootcamp (Seb)		18:30 - 19:15					£15 per session or book 10 sessions and get the 11th session free	£20 per session or book 10 sessions and get the 11th session free