



KNOWLE GRANGE CLASS TIMETABLE - FEBRUARY 2024

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Cost to Members	Cost to non-Members
Core Class (Alan)		08.15 - 08.45					FREE to Members	£10 per session
Boxercise (Alan)			08.30 - 09.00				FREE to Members	£10 per session
Stretch and Core(Alan)			09.00 - 09.30				FREE to Members	£10 per session
Bootcamp (Alan)					08:30 - 09.00		FREE to Members	£10 per session
Somatics (Isabelle)					09.15 - 10.15		£12 per session	£15 per session
Pilates (Lucy)		09:15 - 10:15		09:15 - 10:15			£12 per session	£15 per session
Yoga (Lucy)				10:30 - 11:30.			£12 per session	£15 per session
ombi-trainer Reformer Pilates (Lucy) maximum 4 in a class		10:30 - 11:30					£20 per session	£25 per session
Stretch and Mobility (Lucy) maximum 8 in a class		12.00 - 12.45		12.00 - 12.45			£20 per session	£25 per session
ids' Yoga - ages 4 to 11 (Laure)			15.45 - 16.30				£10 per session	£12.50 per session
Boxing/Kick boxing (Alan)	18:30 - 19:15						£12 per session	£15 per session
Beginners Circuit (Alan)				18.30 - 19.00			FREE to Members	£10 per session