



CLASS TIME TABLE WC 30/03/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CORE WORKOUT 8AM-8:45AM RHIAN + ADAM		YOGA WITH MIKE 7AM-8AM	CORE WORKOUT 8AM-8:45AM RHIAN + ADAM		YOGA WITH BETH 9:30AM-10:30AM	
STRENGTH + CONDITIONING 5PM-5:45PM ANGHARAD			YOGA WITH MIKE 5PM-6PM			YOGA WITH MIKE 5PM-6PM
YOGA WITH BETH 6:30PM-7:30PM						

To book your class contact one2one on 07305922156 or email info@one2onetherapy.net

All classes will be run via zoom.us

All classes just £5.00

