

K FIT CLASS TIMETABLE

Day	Time	Class	Instructor
Monday	19:30 – 20:30	Yoga	Galya
Tuesday	18:30 - 19:15	Spin	Trevor
Wednesday	19:00 - 20:00	Yoga	Galya
Thursday	18.00 – 19.00	Self - Defence	Vida
	19.00 - 20.00	Pilates	Judith
Saturday	09:15 - 10:00	Spin	Trevor

Private yoga classes are available. Please contact Claudine
for more details on 07977694475

