

Classes Timetable



	Day	Time	Instructor	Price	Contact
Metabolic Effect	Tuesday	11.30 –12.00	Lisa M		lisa@personaltrainerinsussex.co.uk
	Thursday	11.30 –12.00	Lisa M		
Intermediate Classic Pilates	Wednesday	19.00 –20.00	Caroline	£10 per class	cmb@bartholomew.co.uk
Pilates	Friday	09.15 –10.15	Deniese		deniese@deniesebodyfit.co.uk
Street Fit	Tuesday	19.00– 20.00	Joss	£6 on door £5 in advance	josscollier@gmail.com

59 – 63 South Road (above Co-Op), Haywards Heath, RH16 4LQ