The Edge at Barnham Broom

MONDAY

Aqua 09:00 - 09:45 | 10:00 - 10:45

Core Sculpt 13:00 - 13:30

Circuits 18:00 - 18:45

TUESDAY

Fitsteps 09:15 - 10:00

Zumba 10:00 - 11:00

Pilates 11:15 - 12:15 | 12:15 - 13:15

WEDNESDAY

Aqua 09:00 - 09:45 | 10:00 - 10:45

THURSDAY

Pilates 09:00 - 10:00 | 10:00 - 11:00

Circuits 18:00 - 18:45 | 19:00 - 19:45

FRIDAY

Yoga 09:30 - 10:30 | 10:45 - 11:45

Legs, Bums & Tums 13:00 - 13:30