

Long Stratton Class Timetable 2020

Monday	09:15 - 10:15 10:30 - 11:30 12:00 - 13:00 18:30 - 19:15 19:30 - 20:30	Totally Shredded - Stacey Yoga - Stacey Fit For Life - Sheryl Studio Cycling - Rob Body Pump - Rob
Tuesday	12:00 - 13:00 17:00 - 18:00 18:00 - 18:45 19:15 - 20:15	Pilates - Mary Outdoor Bootcamp - Fitness Staff Boogie Bounce - Sarah Beatz - Sarah
Wednesday	09:15 - 10:00 10:30 - 11:30 18:30 - 19:15 19:30 - 20:30	Studio Cycling - Neil Yogalates - Neil Studio Cycling - Ellie Body Pump - Ellie
Thursday	09:15 - 10:15 10:30 - 11:30 18:15 - 19:15 19:30 - 20:30	Totally Shredded - Stacey Yoga - Stacey Pilates - Mary Yoga - Mary
Friday	09:15 - 10:00 10:30 - 11:30 12:00 - 13:00 18:00 - 19:00	Studio Cycling - Ellie Body Pump - Ellie Fit For Life - Sheryl Outdoor Bootcamp - Fitness Staff
Sunday	09:30 - 10:15	Studio Cycling - Fitness Staff

Please sanitise your hands regularly and maintain social distancing.

Please book in advance to avoid disappointment. Classes will only run with a minimum of 4 attendees. Visit the website for more information and to book south-norfolk.gov.uk/leisure

Please note

Class bookings require two hours cancellation notice. After that time we'll be unable to refund any fees and members will be charged for the space. Late entry is not permitted due to class disruption.