**Janet Hanspal - Weekly Group Fitness Class & Personal Client Training Timetable 15th July 2019**

**ALL classes at Copthorne Jubilee Sports Pavilion & Acorns Club, Copthorne are ‘Pay as you go’ classes £5.00 per class, NO membership required.**

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| Monday |  |  |  |  |  | **PIYO**  **18.30-19.15**  Copthorne Sports Pavilion | **Beginners Vinyasa Yoga**  **19.25-20.25**  Copthorne Sports Pavilion |  |
| Tuesday |  | **Personal Client Training**  During the day |  |  |  |  |  |  |
| Wednesday |  | **Low Impact Training**  **9.15-10.00**  Acorns Club, Copthorne | **Personal Client Training**  During the Morning |  |  |  |  |  |
| Thursday |  |  |  | **PIYO**  **10.15-11.10**  Chartham Park |  |  | **PIYO**  **19.00-20.00**  Chartham Park |  |
| Friday |  | **PIYO**  **9.15–10.00**  Copthorne Sports Pavilion | **50+ LBT**  **10.15–11.00**  Copthorne Sports Pavilion |  | **Personal Client Training**  During the afternoon |  |  |  |
| Saturday |  | **PIYO**  **9.30-10.15**  Chartham Park |  | **Personal Client Training**  During the day |  |  |  |  |
| Sunday |  |  |  |  |  |  |  |  |