**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 |  |  |  |  |  |  |  |  |