

# FIT & HEALTHY MUMS

SUMMER TIMETABLE JULY 2019



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st July	<ul style="list-style-type: none"> <li>• Pilates &amp; Tots 09:30</li> <li>• Restore Your Core 10:30</li> <li>• Pre &amp; Postnatal Pilates 11:00</li> <li>• Pilates 4 All 20:00</li> </ul>	<ul style="list-style-type: none"> <li>• Buggyfit 10:30</li> <li>• Pre &amp; Postnatal Pilates 10:30</li> </ul>	NO CLASSES	<ul style="list-style-type: none"> <li>• Pre &amp; Postnatal Pilates 10:00</li> </ul>	<ul style="list-style-type: none"> <li>• School Run Bootcamp 08:35</li> </ul>
8th July	<ul style="list-style-type: none"> <li>• Pilates &amp; Tots 09:30</li> <li>• Restore Your Core 10:30</li> <li>• Pre &amp; Postnatal Pilates 11:00</li> <li>• Pilates 4 All 20:00</li> </ul>	<ul style="list-style-type: none"> <li>• Buggyfit 10:30</li> <li>• Pre &amp; Postnatal Pilates 10:30</li> </ul>	NO CLASSES	<ul style="list-style-type: none"> <li>• Pre &amp; Postnatal Pilates 10:00</li> </ul>	NO CLASSES
15th July	<ul style="list-style-type: none"> <li>• Pilates 4 All 20:00</li> </ul>	<ul style="list-style-type: none"> <li>• Buggyfit 10:30</li> <li>• Pre &amp; Postnatal Pilates 10:30</li> </ul>	NO CLASSES	<ul style="list-style-type: none"> <li>• Pre &amp; Postnatal Pilates 10:00</li> </ul>	NO CLASSES
22nd July	<ul style="list-style-type: none"> <li>• Pilates 4 All 20:00</li> </ul>	<ul style="list-style-type: none"> <li>• Buggyfit 10:30</li> <li>• Pre &amp; Postnatal Pilates 10:30</li> <li>• Pop up Pilates 19:30</li> </ul>	NO CLASSES	<ul style="list-style-type: none"> <li>• Pre &amp; Postnatal Pilates 10:00</li> <li>• <b>FREE</b> Picnic &amp; Pilates Wantage 11:00</li> </ul>	NO CLASSES
29th July	<ul style="list-style-type: none"> <li>• Summer Family Bootcamp 09:30</li> <li>• Restore Your Core 10:30</li> <li>• Pre &amp; Postnatal Pilates 11:00</li> <li>• Pilates 4 All 20:00</li> </ul>	<ul style="list-style-type: none"> <li>• Buggyfit 10:30</li> <li>• Pop up Pilates 19:30</li> </ul>	NO CLASSES	<ul style="list-style-type: none"> <li>• <b>FREE</b> Picnic &amp; Pilates Abingdon 11:00</li> </ul>	NO CLASSES

## POINTS TO NOTE:

- PT and by appointment sessions are available all the way through Summer
- 25th July **FREE** Wantage Picnic & Pilates
- 1st Aug **FREE** Abingdon Picnic & Pilates.
- Pop up Pilates - Abbey Meadows, Tues 23rd and 30th July and 6th Aug
- **4 Week Summer Family Bootcamp** begins 29th July at 09:30 - 20th August
- 'Summer Chill' 5th August 20:00