

Class Timetable

FROM FEBRUARY 2025

All Classes run weekly unless otherwise stated

MON	TUE	WED	THU	FRI	SAT
9.30am Upright Pilates Sandy Scout Hut, Sandy.	10am Pilates Fit & Flow Southill Parish Hall, Southill.	10am Yoga Sandy Roundabout Club, Sandy.	10am Yoga Sandy Roundabout Club, Sandy	9.45am Up The Wall Pilates Broom Village Hall, Broom	9am Xpress Class Broom Village Hall, Broom (not weekly)
10.30am Yoga Sandy Scout Hut, Sandy.	11am Walk-Fit-Groove Southill Parish Hall, Southill.		11am Pilates Sandy Roundabout Club, Sandy	11am Yoga Broom Village Hall, Broom	9.30am Xpress Class Broom Village Hall, Broom (not weekly)
	6.30pm Pilates Broom Village Hall, Broom	6.30am Groove-it Fit Sandy Roundabout Club, Sandy			
	7.30pm Yoga Broom Village Hall, Broom	7.30am Yoga Sandy Roundabout Club, Sandy			

Online Class Timetable

FROM FEBRUARY 2025

All Classes run weekly unless otherwise stated

MON	TUE	WED	THU	FRI	SAT
			10am Yoga Sandy Roundabout Club, Sandy		9am Xpress Class Broom Village Hall, Broom (not weekly)
			11am Pilates Sandy Roundabout Club, Sandy	11am Yoga Broom Village Hall, Broom	9.30am Xpress Class Broom Village Hall, Broom (not weekly)
	6.30pm Pilates Broom Village Hall, Broom				
	7.30pm Yoga Broom Village Hall, Broom				