

Class Timetable

FROM SEPTEMBER 2025

All Classes run weekly unless otherwise stated

MON	TUE	WED		THU	FRI	SAT
9.30am Upright Pilates Sandy Scout HQ, Sandy.	10am Pilates Southill Parish Hall, Southill.	9.55am Legs, Bums & Tums (30 mins) Sandy Roundabout Club, Sandy.		10am Yoga Sandy Roundabout Club, Sandy	9.45am Up The Wall Pilates Broom Village Hall, Broom	
10.30am Yoga Sandy Scout HQ, Sandy.	11am Walk-Fit-Groove Southill Parish Hall, Southill.	10.30am Yoga Sandy Roundabout Club, Sandy		11am Pilates Sandy Roundabout Club, Sandy	11am Yoga - Relax Flow Broom Village Hall, Broom	
6.25pm - Yoga - Energise Flow Mill Lane Pavilion, Potton.	6.30pm Pilates Broom Village Hall, Broom	6.30am Groove-it Fit Sandy Roundabout Club, Sandy				
7.15pm Yoga - Relax Flow Mill Lane Pavilion, Potton.	7.30pm Yoga Broom Village Hall, Broom	7.30am Yoga Sandy Roundabout Club, Sandy				