

Harrogate Leisure and Wellness Centre - **Mind and Body Studio** classes commencing 4 September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hatha Yoga</b> 9.30-11am	<b>Les Mills Body Balance</b> 7.30-8.15am	<b>Pilates</b> 8.15-9am	<b>Les Mills Body Balance</b> 7.30-8.15am	<b>Total Gym HIIT</b> 9.15-10am	<b>Swim Squads Dry Land</b> 7-7.45am	<b>Core Fusion</b> 6-6.55pm
<b>Pilates</b> 12.30-1.15pm	<b>Vinyasa Yoga</b> 9.30-10.20am	<b>Hips, Bums and Tums</b> 10.30-11.15am	<b>Hatha Yoga</b> 9.30-11am	<b>Hips, Bums and Tums</b> 10.30-11.15am	<b>Weekend Flow</b> 8-8.50am	
<b>Total Gym TEEN</b> 4-4.45pm	<b>Stretch and Flex</b> 11.30am-12.20pm	<b>Total Gym HIIT</b> 12.15-1pm	<b>Total Gym Reformer</b> 11.30am-12.15pm	<b>Les Mills Body Balance</b> 11.30am-12.15pm	<b>Pilates</b> 10-10.45am	
<b>Les Mills Body Balance</b> 5.30-6.15pm	<b>Tai Chi</b> 12.30-1.20pm	<b>Pilates</b> 2-2.45pm	<b>Total Gym Reformer</b> 12.30-1.15pm	<b>Pilates</b> 1-1.45pm	<b>Vinyasa Yoga</b> 11.15am-12.05pm	
<b>Pilates</b> 6.30-7.15pm	<b>Total Gym TEEN</b> 4-4.45pm	<b>Les Mills Body Balance Virtual</b> 5.30-6.15pm	<b>Pilates</b> 2-2.45pm	<b>Stretch and Flex</b> 3-3.45pm		
<b>Evening Flow</b> 8-8.50pm	<b>Yoga Flow</b> 5.30-6.20pm	<b>Vinyasa Yoga</b> 7-7.50pm	<b>Total Gym TEEN</b> 4-4.45pm	<b>Tai Chi</b> 4-4.50pm		
	<b>Pilates</b> 6.30-7.15pm		<b>Ashtanga Yoga</b> 7-7.50pm	<b>Born to Move</b> 5.30-7pm		
	<b>Stretch and Relax</b> 8.15-9pm		<b>Les Mills Body Balance</b> 8.15-9pm			