

SHOWCASE

Fitness

HEALTH + WELLNESS CLASS TIMETABLE

Autumn - Winter 2018

SHOWCASE FITNESS CLASSES

Day	Time	Subject	Instructor	Studio	Price
Monday	9:30am – 10:15am	Zumba Fitness	Orhan / Emma	Studio Vale	Free To Members £5 / £2.50 ShowcaseDS
Monday	11:15am – 12pm	Pilates	Emma	Studio M41	Free To Members £5 / £2.50 ShowcaseDS
Monday	5:30pm – 6:15pm	Parent & Child Bootcamp	Ness	Studio Hollywood	Free To Member £6 per pair / £3 Additional person ShowcaseDS
Monday	6:30pm – 7:15pm	Adult Tap	Katy	Studio Vale	Free To Members £6 / £3 ShowcaseDS
Monday	6:15pm – 7:15pm	Vinyasa Flow Yoga	Alice – Yogi Mama	Studio Hollywood	Free To Members / £7
Monday	6:45pm – 7:15pm	Circuits	Emma	Studio Hollywood	Free To Members £5 / £2.50 ShowcaseDS
Monthly Middle of Month Monday	7:30pm – 8:30pm	Meditation	Emma	Studio Hollywoo d	Free To Members £5 / £2.50 ShowcaseDS
Tuesday	9:30am – 10:15am	Body Conditioning	Carlotta	Studio Vale	Free To Members £5 / £2.50 ShowcaseDS
Tuesday	7:15pm – 8:15pm	Dance Fitness & Tone (Strong by Zumba)	Shaneen	Studio Vale	Free To Members £5 / £2.50 ShowcaseDS
Wednesday	9:15am – 10:00am	Bootcamp	Ness	Studio M41	Free To Members / £5

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Wednesday	6:15pm – 7pm	Pilates	Emma	Studio M41	Free To Members £5 / £2.50 ShowcaseDS
Wednesday	7pm – 8pm	Adult Open Ballet / Barre	Carlotta	Studio M41	Free To Members £7 / £3.50 ShowcaseDS
Thursday	7pm – 7:45pm	Zumba Fitness	Shaneen	Studio M41	Free To Members £5 / £2.50 ShowcaseDS
Thursday	7:45pm - 8:30pm	Stretch & Tone	Carlotta	Studio M41	Free To Members £5 / £2.50 ShowcaseDS
Friday	9:15am – 9:45am	Circuits (HIIT)	Emma	Studio M41	Free To Members £5 / £2.50 ShowcaseDS
Friday	9:45am – 10:30am	Pilates	Emma	Studio M41	Free To Members £5 / £2.50 ShowcaseDS
Friday	5:45pm – 6:30pm	Body Conditioning	Carlotta	Studio M41	Free To Members £5 / £2.50 ShowcaseDS
Saturday	8am – 8:30am	Circuits (HIIT)	Emma	Studio Hollywood	Free To Members £5 / £2.50 ShowcaseDS
Saturday	9:15am – 10:00am	Zumba	Katrina	Studio Vale	Free To Members £5 / £2.50 ShowcaseDS

GUEST INSTRUCTOR CLASSES

Monday	5:30pm – 6:15pm	Parent & Child Bootcamp	Ness	Studio Hollywood	Free To Member £6 per pair / £3 Additional person ShowcaseDS
Monday	7:15am – 8:15pm	Pregnancy Yoga	Yogi Mama - Alice	Studio M41	£7 / £39 for 6 classes
Tuesday	9:30am – 10:30am	Sweaty Mama	Rachel	Studio M41	Contact Rachel 07548 336026 for more info

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Wednesday	9:15am – 10:00am	Bootcamp	Ness	Studio M41	Free To Members / £5
Wednesday	10:00am	Slimming World	Claire	Studio Vale	Speak to SW for more info
Thursday (Ad Hoc)	6:45pm – 8pm	Slow Flow Yin Yoga	Lisa Jade	Studio Hollywood	£6
1st Sunday of Every Month	11am – 12pm	Gong Bath	Jane Blackburn	Studio Vale	£10

WORKSHOPS / EVENTS

Sun 16th September	10am – 12pm	Open Day	Showcase Studios Team	All Studios	Free – TO Register your Free Class Please Call 0161 2588916
Sun 23rd September	4pm – 6pm	Yoga Workshop	Lisa Jade	Studio Hollywood	£20

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