

NATURAL COACHING CLASS SCHEDULE WINTER 2011/12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	WIDE AWAKE CLUB		WIDE AWAKE CLUB		WIDE AWAKE CLUB	
6:20		WIDE AWAKE CLUB		WIDE AWAKE CLUB		
7:00	WIDE AWAKE CLUB		WIDE AWAKE CLUB		WIDE AWAKE CLUB	
7:30		KETTLEBELL CLASS				
8:00	WIDE AWAKE CLUB		WIDE AWAKE CLUB		WIDE AWAKE CLUB	
9:15	MUM'S CIRCUIT	MUM'S CIRCUITS	MUM'S CIRCUITS	MUM'S CIRCUITS		
10:00					BOOTCAMP (ABINGTON PARK)	BOOTCAMP (HARLESTONE FIRS)
10:15	YOGA			OVER 60s FIT CLUB		
11:30		PILATES				BOOTCAMP (ABINGTON PARK)
Noon						
13:00			PILATES			
18.15			YOGA (GOLD ST)	TAI CHI		
18:30		TAI BO				
19:00	BOOTCAMP (HARLESTONE)		BOOTCAMP (HARLESTONE)	BOOTCAMP (RAVENSTHORPE)		

PLEASE FEEL FREE TO CONTACT US! TO BOOK NOW, for prices or more information, please visit our website: www.naturalcoaching.co.uk E-mail us at info@naturalcoaching.co.uk or call us directly on **07812 973562**

NATURAL COACHING ARE BASED AT ISIS GYM (Unless otherwise stated) -Royal Terrace, Barrack Road, Northampton, NN1 3RF



NATURAL COACHING "Your first step to real and lasting change"

