

POP-UP CLASS TIMETABLE



Oundle School
**SPORTS
CENTRE**

Monday 17th November

18.30 – 19.15	Stretch and Conditioning	Larni	Studio 1 & 2
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Stretch and conditioning: A full body, mat based stretch and conditioning session working on strength, flexibility and self-focus.

Influenced by Dance, Yoga and Pilates. This session will leave you feeling more supple, focused and relaxed.

Tuesday 25th November

09.30 – 10.15	Circuits	Fitness Staff	Studio 1 & 2
11.00 – 11.30	Functional Fitness	Fitness Staff	Studio 1 & 2
19.00 – 20.00	Stretch and Conditioning	Larni	Dance Studio

Friday 28th November

11.30 – 12.15	Legs, Bums and Tums	Anna	Studio 1 & 2
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Tuesday 2nd December

09.30 – 10.30	Stretch and Conditioning	Larni	Studio 1 & 2
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Thursday 4th December

19.30 – 20.15	Legs, Bums and Tums	Anna	Studio 1 & 2
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