



Bodywork Programme

Monkston Park Community Centre

Body Adrenalin	6.30pm – 7.30pm	Tuesdays
Yoga	6.00pm – 7.00pm	Wednesdays
Body Conditioning	8.15pm – 9.15pm	Wednesdays
Legs, Bums & Tums	11.00am – 12.00pm	Thursdays
Stability Ball	12.00pm – 12.45pm	Thursdays
Bootcamp	6.00pm – 7.00pm	Thursday
Bollywood Dance	8.00pm – 9.00pm	Thursdays
Spirals®	9.00am – 10.00am	Saturdays
Pump FX **	11.00am – 12.00pm	Saturdays

£4.00 per class. Free to Beaumonts Members
 Off-peak rules apply to Bletchley off-peak members

For further information telephone: 01908 240482

* Starts W/C 5th September
 ** Limited places

www.hertsmereleisure.co.uk

