

POWER FITNESS CLASS TIMETABLE (AUG-SEPT 19)

Mon	Tues	Wed	Thurs	Sat	
<i>Polish Club</i> <small>CW9 8AT</small>	<i>Owley Wood Rec Club</i> <small>CW8 3LS</small>	<i>Hartford Church Hall</i> <small>CW8 1NP</small>	<i>Grange Sports Hall</i> <small>CW8 1LU</small>	<i>Leftwich High school</i> <small>CW9 8EZ</small>	<i>St Johns Church Hall *</i> <small>CW8 2JY</small>
				TYGA* 8.45-9.30am	
Clubbercise 6.15-7.00pm	Zumba 6.10-7.10pm	Clubbercise 6.15-7.00pm			
Konga 7.15-8.00pm	Zumba Gold 7.15-8.00pm		Hatha Yoga 7.30-8.30pm	Konga 7.00-7.45pm	

* selected course dates