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| --- | --- | --- | --- | --- | --- |
| **Time** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **10am** | **Move at Pace**  30 mins | **Move at Ease**  30 mins | **Move at Pace**  30 mins | **Move at Ease**  30 mins | **Move at Pace**  30 mins |
| **11am** | **Move at Ease**  30 mins | **Stretch & Flow at Home**  30 mins |  |  | **Move at Ease**  30 mins |
| **1pm** |  |  | **Let’s Have a Conversation at Home** 45 mins |  |  |
| **2pm** |  |  |  |  |  |
| **3pm** |  |  |  |  |  |
| **4pm** |  |  |  |  |  |
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| **Please note:** integratedliving class timetables are subject to change due to minimum class bookings. Bookings are essential to attend any class and can be made up to 7 days in advance. Cancellations of any booking must be made 24 hours prior to the class taking place. | | | | | |

