

COME TO OUR AWARD WINNING FITNESS CLASSES

# 2023/2024 CLASS LIST

## Monday

09.15-10.15	Cardio Dance	St John's Community Centre
10.30-11.15	Strength & Flex	St John's Community Centre
19.00-20.00	Cardio Dance	Highbury Infants School
20.15-21.15	Cardio Dance	Highbury Infants School

## Tuesday

09.15-10.15	Cardio Dance	St John's Community Centre
10.30-11.15	Fitness Pilates	St John's Community Centre

## Wednesday

09.15-10.15	Cardio Dance	St John's Community Centre
10.30-11.15	Fitness Pilates	St John's Community Centre
11.30-12.15	Fitness Pilates	St John's Community Centre
19.00-19.45	Circuits	Highbury Infants School
20.00-20.45	Circuits	Highbury Infants School

## Thursday

09.15-10.00	Circuits	Walsworth Community Centre
13.15-14.00	Fitness Pilates	St John's Community Centre
14.00-14.45	CardioResist	Walsworth Community Centre
18.15-19.00	Fitness Pilates	Highbury Infants School
19.15-20.00	Fitness Pilates	Highbury Infants School

## Saturday

09.15-10.15	Cardio Dance	Highbury Infants School
-------------	--------------	-------------------------

Please get in touch with Claire  
for more info

Call: 07717321545 Email: [claire@activatefit.co.uk](mailto:claire@activatefit.co.uk)

[www.activatefit.co.uk](http://www.activatefit.co.uk)

