

COME TO OUR AWARD-WINNING FITNESS CLASSES

2025 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
14.00-14.45	Fitness Pilates	Walsworth 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
12.30-13.15	Strength & Flex	St John's Community Centre
13.30-14.15	Fitness Pilates	St John's 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
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Please get in touch with Claire for more info

Call: 07717321545 Email: claire@activatefit.co.uk

www.activatefit.co.uk



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