



Weekly Class Timetable

Day	Class Type	Time	Location
Tuesday	Buggyfit	10:00 – 11:00	Walton-on-Thames Riverside, Cowey Sale Car Park
Wednesday	Buggyfit	10:00 – 11:00	Surbiton The Fish Ponds/Alexandra Recreation Ground
Wednesday	Holistic Core Restore (Tummy and Pelvic Floor Class). Small group, babies welcome	13:15 – 14:15 (6 June – 11 July)	Indoor class – The Bill Topping Room, St Andrews Church, Walton-on- Thames.
Thursday	Buggyfit	10:00 – 11:00 (term-time only)	Cobham, Walton Firs Activity Centre
Thursday	Holistic Core Restore (Tummy and Pelvic Floor Class) Baby Free	20:00 – 21:00 (7 June – 12 July)	Indoor class – Travel Lodge, Walton-on-Thames

Stronger, fitter women!

Classes run throughout the year and suitable for all levels.

Places are limited, book your trial class today!