

ZestFitness Berkshire

07708 540 427

www.zestfitnessberkshire.co.uk

Monday

5:50pm	Kettlercise*	<i>Wildridings Primary School</i>
6:30pm	Clubbercise*	<i>Netherton, Bracknell</i>
7:20pm	PiYo LIVE* Power & Strength	<i>RG12 7DX</i>
8:15pm	Clubbercise*	

Tuesday

9:30am	Zumba & Abs	<i>Cordes Hall Corner of Kings Road & High Street, Sunninghill, SL5 9NE</i>
6:00pm	Zumba & Abs	
7:25pm	Piloxing*	<i>All Saints Church Hall Ascot,</i>
8:30pm	Kettlercise*	<i>SL5 8DQ</i>

Wednesday

9:10am	PiYo LIVE*	<i>St Martin's Church Hall Chavey Down, SL5 8RR</i>
5:55pm	DnB HIIT*	<i>Holly Spring Infants & Nursery School</i>
6:30pm	Zumba	<i>Lilly Hill Road, Bracknell,</i>
7:20pm	PiYo LIVE*	<i>RG12 2SW</i>
8:15pm	DnB HIIT*	

Thursday

9:45am	Clubbercise*	<i>Bracknell Methodist Church Shepherds Lane, RG42 2DD</i>
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Friday

9:30am	Zumba	<i>Cordes Hall Corner of Kings Road & High Street, Sunninghill, SL5 9NE</i>
10:20am	PiYo LIVE*	
1:00pm	Kettlercise*	<i>Bracknell Methodist Church Shepherds Lane, RG42 2DD</i>

*Classes must be booked in advance, online to avoid disappointment
www.bookwhen.com/zestfitnessberkshire