

# ZestFitness Berkshire

07708 540 427

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

## Monday

6:30pm Clubbercise

*Wildridings Primary School*

7:20pm Body Sculpt

*Netherton, Bracknell RG12 7DX*

## Tuesday

9:30am Zumba

*Cordes Hall Corner of Kings Road*

10:20am Pure Stretch (starts 25<sup>th</sup> Feb)

*& High Street, Sunninghill, SL5 9NE*

6:00pm Zumba *with Anita*

7:10pm Box-Fit

*All Saints Church Hall Ascot,*

7:45pm Kettlercise

*SL5 8DQ*

8:20pm Pure Stretch

## Wednesday

9:10am Body Sculpt  
(6 week course)

*St Martin's Church Hall, Church  
Lane, Chavey Down, SL5 8RR*

6:30pm Clubbercise

*Harmanswater Primary School*

7:20pm PiYo LIVE

*Wellington Drive, Bracknell,  
RG12 9NE*

## Friday

9:30am Zumba

*Cordes Hall Corner of Kings Road*

10:20am PiYo LIVE  
(4 week course)

*& High Street, Sunninghill, SL5 9NE*

Classes must be booked in advance, online

[www.bookwhen.com/zestfitnessberkshire](http://www.bookwhen.com/zestfitnessberkshire)

6pm Zumba class please reserve a space

9:30am Zumba classes are walk in, you do not need to book online.

