

ZUMBA IN THE CITY TIMETABLE – January 2012 – April 2011

MONDAY	CLASS	INSTRUCTOR	LOCATION
09:35 – 10:30	Zumba	Lola	Bannatynes
20:15 – 21:15	Zumba	Lola	To be Confirmed
TUESDAY	CLASS	INSTRUCTOR	LOCATION
10:00 – 11:00	Zumba	Lola	Raggamuffins
19: 00 – 20:00	Zumba	Lola	South Ockendon Village
20:15 – 21:15	Zumba	Lola	South Ockendon Village
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
12:15 – 13:00	Zumba	Lola	K West Spa
18:45 – 19:45	Zumba	Lola	Warren Primary School
20:15 – 21:15	Zumba	Lola	Warren Primary School
THURSDAY	CLASS	INSTRUCTOR	LOCATION
9:45 – 10:30	Zumba (Beg)	Lola	Raggamuffins
19:30 – 20:30	Zumba	Lola	Harris Academy
FRIDAY	CLASS	INSTRUCTOR	LOCATION
SATURDAY	CLASS	INSTRUCTOR	LOCATION
12:05 – 13:00	Zumba	Lola	DL Kensington
SUNDAY	CLASS	INSTRUCTOR	LOCATION
14:30 – 15:30	Zumba	Lola	Raggamuffins

PERSONAL FITNESS TRAINING

PILOXING

TRX

BOOTCAMP

PILATES

PILATES SCULPT

ALSO AVAILABLE!!!!

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