

POWER FITNESS CLASS TIMETABLE (JUNE ONWARDS)

Mon	Tues	Wed		Thurs		Sat
<i>Winsford Academy</i> <i>CW7 2BT</i>	<i>Owley Wood Rec Club</i> <i>CW8 3LS</i>	<i>Hartford Church Hall</i> <i>CW8 1NP</i>	<i>Leftwich High School</i> <i>CW9 8EZ</i>	<i>Davenham Meth Hall</i> <i>CW9 8JB</i>	<i>Leftwich High school</i> <i>CW9 8EZ</i>	<i>Cuddington Church Hall *</i> <i>CW9 8PB</i>
						Bounce Dancefit 8.45-9.30am
Clubbercise 6.30-7.15pm	Zumba 6.10-7.10pm	Clubbercise 6.15-7.00pm				
	Zumba Gold 7.15-8.00pm			Pilates 7.00-8.00pm	Konga 7.10-7.55pm	
Konga 7.30-8.15pm			Zumba 7.30-8.30pm		Cardio Tennis 8.00-8.30pm	

* selected course dates