

# ALUNA *Botanical Place* Activity Sheet

	Activity/Time	Time	To book please contact
<b>Mon</b>	<b>Mat Pilates</b>	10.00am	becca@uncoveryou.co.uk
	<b>Circuits</b>	11.15am	Cubigo - Exclusive to Members & Residents
	<b>Mobility Flow</b>	3.00pm	Cubigo - Exclusive to Members & Residents
	<b>DanceFit</b>	6.15pm	becca@uncoveryou.co.uk
	<b>Barre</b>	7.15pm	becca@uncoveryou.co.uk
<b>Tue</b>	<b>Pure strength</b>	11.15am	Cubigo - Exclusive to Members & Residents
	<b>Move it or lose it</b>	1.45pm	07311 377499 - Nikki
	<b>Circuits low impact</b>	2.45pm	Cubigo - Exclusive to Members & Residents
	<b>Mat pilates</b>	5.45pm	becca@uncoveryou.co.uk
	<b>Barre</b>	6.45pm	becca@uncoveryou.co.uk
<b>Wed</b>	<b>Mobility Flow</b>	11.15am	Cubigo - Exclusive to Members & Residents
	<b>Chair Based Band Workout</b>	1.45pm	Cubigo - Exclusive to Members & Residents
<b>Thu</b>	<b>Strength &amp; Conditioning</b>	9.00am	www.bookwhen.com/fitlittlebiscuit
	<b>Strength &amp; Conditioning over 65's</b>	10.15am	www.bookwhen.com/fitlittlebiscuit
	<b>Upper body resistance &amp; core</b>	12.15pm	Cubigo - Exclusive to Members & Residents
	<b>Low Impact Cardio &amp; Core</b>	3.00pm	Cubigo - Exclusive to Members & Residents
	<b>Deep Stretch</b>	6.30pm	becca@uncoveryou.co.uk
<b>Fri</b>	<b>Lower Body Resistance &amp; core</b>	10.15am	Cubigo - Exclusive to Members & Residents
	<b>Low Impact floor-based work</b>	12.15am	Cubigo - Exclusive to Members & Residents
<b>Sat</b>	<b>Barre</b>	9.30am	becca@uncoveryou.co.uk
	<b>Mat Pilates</b>	10.30am	becca@uncoveryou.co.uk
	<b>Full Body Resistance &amp; Core</b>	12.00pm	Cubigo - Exclusive to Members & Residents
	<b>Balance, Stretch &amp; Mobility</b>	1.45pm	Cubigo - Exclusive to Members & Residents
<b>Sun</b>	<b>Pure strength</b>	11:15am	Cubigo - Exclusive to Members & Residents
	<b>Total band workout</b>	2:30pm	Cubigo - Exclusive to Members & Residents

Subject to change without prior notice. For questions please call 01932 393571.