

# Botanical Place Activity Sheet

	Activity/Time	Time	Location	To book please contact
<b>Mon</b>	Mat Pilates	10:00am	Studio	becca@uncoveryou.co.uk
	Circuits	11:15am	Studio	<b><u>Exclusive to residents &amp; ALUNA members</u></b>
	Yogalates	2:00pm	Studio	anjali@adiyog.co.uk
	Mobility Flow	3:00pm	Studio	<b><u>Exclusive to residents &amp; ALUNA members</u></b>
	Dancefit	6:15pm	Studio	becca@uncoveryou.co.uk
	Barre	7:15pm	Studio	becca@uncoveryou.co.uk
<b>Tue</b>	Walk (Give Surrey Charity)	10:15am	The Lounge	durrantjackie@gmail.com
	Pure strength	11:15am	Studio	www.aureliafitness.co.uk
	Move it or lose it	1:45pm	Studio	nicola.ballete@moveitorloseit.co.uk
	Circuits low impact	2:45pm	Studio	<b><u>Exclusive to residents &amp; ALUNA members</u></b>
	Mat pilates	5:45pm	Studio	becca@uncoveryou.co.uk
	Barre	6:45pm	Studio	becca@uncoveryou.co.uk
<b>Wed</b>	Mobility flow	11:45am	Studio	<b><u>Exclusive to residents &amp; ALUNA members</u></b>
	Chair based workout	1:45pm	Studio	<b><u>Exclusive to residents &amp; ALUNA members</u></b>
	Boardgame (community)	2:30pm	The Lounge	botanicalcommunity@retirementvillages.co.uk
<b>Thu</b>	Strength & conditioning	9:00am	Studio	fitlittlebiscuit@gmail.com
	Strength & conditioning *over 65s	10:15am	Studio	fitlittlebiscuit@gmail.com
	Art class	1:30pm	The Lounge	07554 993545
	Deep stretch	6:30pm	Studio	becca@uncoveryou.co.uk
	Yoga - Vinyasa	7:30pm	Studio	anjali@adiyog.co.uk
<b>Fri</b>	Art class	1:30pm	The Lounge	07554 993545
	Hatha Yoga	2:00pm	Studio	anjali@adiyog.co.uk
<b>Sat</b>	Barre	9:30am	Studio	becca@uncoveryou.co.uk
	Mat Pilates	10:30am	Studio	becca@uncoveryou.co.uk
	Dance	11:30am	Studio	becca@uncoveryou.co.uk
<b>Sun</b>	Pure strength	11:15am	Studio	<b><u>Exclusive to residents &amp; ALUNA members</u></b>
	Total band workout	2:30pm	Studio	<b><u>Exclusive to residents &amp; ALUNA members</u></b>