

Botanical Place Activity Sheet

	Activity/Time	Time	Location	Booking details
Mon	Mat Pilates	10:00am	Studio	becca@uncoveryou.co.uk
	Circuits	11:15am	Studio	Exclusive to residents & ALUNA members
	Yogalates	2:00pm	Studio	anjali@adiyog.co.uk
	Mobility Flow	3:00pm	Studio	Exclusive to residents & ALUNA members
	Dancefit	6:15pm	Studio	becca@uncoveryou.co.uk
	Barre	7:15pm	Studio	becca@uncoveryou.co.uk
	Tai Chi	8:15pm	Studio	masterpaulo@hotmail.com
	Mediation	8:45pm	Studio	masterpaulo@hotmail.com
	Self-defence	9:15pm	Studio	masterpaulo@hotmail.com
Tue	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	Exclusive to residents & ALUNA members
	Mat pilates	5:45pm	Studio	becca@uncoveryou.co.uk
Wed	Mobility flow	11:45am	Studio	Exclusive to residents & ALUNA members
	Chair based workout	1:45pm	Studio	Exclusive to residents & ALUNA members
	Boardgame (community)	2:30pm	The Lounge	botanicalcommunity@retirementvillages.co.uk
Thu	Strength & conditioning	9:00am	Studio	fitlittlebiscuit@gmail.com
	Strength & conditioning	10:15am	Studio	fitlittlebiscuit@gmail.com
	Twirl & tone	12:30pm	Studio	cecilesilcock@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
Fri	Art class	1:30pm	The Lounge	07554 993545
	Hatha Yoga	2:00pm	Studio	anjali@adiyog.co.uk
	Film afternoon	3:00pm	Cinema Room	Exclusive to residents & ALUNA members
Sat	Barre	9:30am	Studio	becca@uncoveryou.co.uk
	Mat Pilates	10:30am	Studio	becca@uncoveryou.co.uk
Sun	Dance	11:30am	Studio	becca@uncoveryou.co.uk
	Pure strength	11:15am	Studio	Exclusive to residents & ALUNA members
	Total band workout	2:30pm	Studio	Exclusive to residents & ALUNA members