

ALUNA Botanical Place Activity Sheet

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