

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 | Mobility 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 |