

ALUNA Botanical Place Activity Sheet

	Activity/Time	Time	To book please contact
Mon	Mat Pilates	10.00am	becca@uncoveryou.co.uk
	Circuits	11.15am	Cubigo – Exclusive to Aluna Members & Residents
	Mobility Flow	3.00pm	Cubigo – Exclusive to Aluna Members & Residents
	DanceFit	6.15pm	becca@uncoveryou.co.uk
	Barre	7.15pm	becca@uncoveryou.co.uk
Tue	Wellness Journey - Relaxation	9.45am	07425 065622 - Maryam
	Pure strength	11.15am	Cubigo – Exclusive to Aluna Members & Residents
	Move it or lose it	1.45pm	07311 377499 - Nikki
	Circuits low impact	2.45pm	Cubigo – Exclusive to Aluna Members & Residents
	Mat pilates	5.45pm	becca@uncoveryou.co.uk
	Barre	6.45pm	becca@uncoveryou.co.uk
Wed	Dancify – Ladies only class	9.30am	07456 772777 – Irma
	Mobility Flow	11.15am	Cubigo – Exclusive to Aluna Members & Residents
	Chair Based Band Workout	1.45pm	Cubigo – Exclusive to Aluna 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 Aluna Members & Residents
	Low Impact Cardio & Core	3.00pm	Cubigo – Exclusive to Aluna Members & Residents
	Deep Stretch	6.30pm	becca@uncoveryou.co.uk
Fri	Lower Body Resistance & core	10.15am	Cubigo – Exclusive to Aluna Members & Residents
	Low Impact floor-based work	12.15am	Cubigo – Exclusive to Aluna 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 Aluna Members & Residents
	Balance, Stretch & Mobility	1.45pm	Cubigo – Exclusive to Aluna Members & Residents

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

Sun	Dancify – Ladies only class	10.00am	07456 772777 – Irma
	Pure strength	11:15am	Cubigo – Exclusive to Aluna Members & Residents
	Total band workout	2:30pm	Cubigo – Exclusive to Aluna Members & Residents