

TIMETABLE

MONDAY

6.15pm – 7.00pm Circuits BACK IN
APRIL

Private class Star Bootcamp UK
allowing 6 WHS members access –
please pre-book prior by email
info@starbootcampuk.com

7.15pm - 8.45pm Yoga (pre-book)

TUESDAY

6.00pm - 7.00pm Total Body
Workout

WEDNESDAY

7.30pm - 8.30pm Circuits BACK IN
APRIL

Private class Star Bootcamp UK
allowing 6 WHS members access –
please pre-book prior by email
info@starbootcampuk.com

7.15pm - 8.45pm Yoga (pre-book)

THURSDAY

7.00pm – 8.00pm Yoga Flow
Private run class with Dawn
(tel 07850076059) allowing access
to WHS Leisure Card Members

7.15pm – 8.45pm Yoga (pre-book)

All members who want to access the
privately run classes please bring
your membership card with you. If
you require a new one please see a
staff member.

Adult Fitness Classes only
(All classes subject to change)

Follow us on Facebook:
WHS Fitness & Wellbeing

www.williamhoward.cumbria.sch.uk

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