



Bodywork Programme

Monkston Park Community Centre

Body Adrenalin	6.30pm – 7.30pm	Tuesdays
Yoga	6.00pm – 7.00pm	Wednesdays
Body Conditioning	8.15pm – 9.15pm	Wednesdays
Legs, Bums & Tums	11.00am – 12.00pm	Thursdays
Stability Ball	12.00pm – 12.45pm	Thursdays
Bootcamp	6.00pm – 7.00pm	Thursday
Bollywood Dance	8.00pm – 9.00pm	Thursdays
Pump FX*	9.00am – 10.00am	Saturdays
Spirals®	10.00am – 11.00am	Saturdays

£4.00 per class. Free to Beaumonts Members

Off-peak rules apply to Bletchley off-peak members

Monkston Park Community Centre, 10 Pimlico Court, off Plaistow Crescent, Monkston Park MK10 9PN

For further information telephone: 01908 240482

* Limited places

www.hertsmereleisure.co.uk

