



# Class Timetable 2022

All classes are bookable online only at [www.icpchealth.com](http://www.icpchealth.com)

## Friday

06:30 - 07:30	Kettlercise	<b>icpcHealth</b>	John Nicklin
10:00 - 10:50	Aerobics & Body Conditioning	<b>icpcHealth</b>	John Nicklin
10:00 - 11:00	Intermediate Pilates	<b>Virtual</b>	Laura Middleton
11:10 - 12:00	Body Blast	<b>icpcHealth</b>	John Nicklin
17:30 - 18:00	Tai Chi QiGong	<b>Virtual</b>	Helen Willis

**If this is your first time joining us, please ensure that you fill out an online Health Screening Form prior to attending your first class.  
If you are pregnant, please contact our reception team on 01467 633444 prior to booking.**