



Class Timetable 2022

All classes are bookable online only at www.icpchealth.com

Friday

06:30 - 07:30	Kettlercise	icpcHealth	John Nicklin
10:00 - 10:50	Aerobics & Body Conditioning	icpcHealth	John Nicklin
10:00 - 11:00	Intermediate Pilates	Virtual	Laura Middleton
11:10 - 12:00	Body Blast	icpcHealth	John Nicklin
17:30 - 18:00	Tai Chi QiGong	Virtual	Faye Webster

**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.**