



JUNE

CLASS TIMETABLE



Monday

Legs, Bums & Tums

Claire

1830-1900

Tuesday

Beginner's Step
Sleeping Yoga- Livestreamed

Caitlin
Sophie

1730-1800

2000-2030

Wed.

Beginner's Tabata
Progressive Pilates

Chrystal
Jess

1100-1130

1730-1830

Thursday

Hatha Yoga

Pavlina

1800-1900

Friday

Women Who Lift

Ashleigh

1700-2000

Sunday

Mindful Creativity

Katie

1000-1045



* Guided Open Gym sesh for womxn!

* In Person June 13th 10-11am

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