

ALUNA Botanical Place Activity Sheet

	Activity/Time	Time	To book please contact
Mon	Mat pilates	10.00am	becca@uncoveryou.co.uk
	Hydro pool - mobility & stretch	10.30am	Cubigo – Exclusive to Members & Residents
	Circuits	11.15am	Cubigo – Exclusive to Members & Residents
	Mobility Flow	3.00pm	Cubigo – Exclusive to Members & Residents
	Dancefit	6.15pm	becca@uncoveryou.co.uk
	Barre	7.15pm	becca@uncoveryou.co.uk
Tue	Pure strength	11.15am	Cubigo – Exclusive to Members & Residents
	Move it or lose it	1.45pm	07311 377499 - Nikki
	Circuits low impact	2.45pm	Cubigo – Exclusive to Members & Residents
	Mat pilates	5.45pm	becca@uncoveryou.co.uk
	Barre	6.45pm	becca@uncoveryou.co.uk
Wed	Mobility Flow	11.15am	Cubigo – Exclusive to Members & Residents
	Chair Based Band Workout	1.45pm	Cubigo – Exclusive to Members & Residents
	Hydro pool - mobility & stretch	3.00pm	Cubigo – Exclusive to Members & Residents
Thu	Strength & Conditioning	9.00am	www.bookwhen.com/fitlittlebiscuit
	Strength & Conditioning over 65's	10.15am	www.bookwhen.com/fitlittlebiscuit
	Upper body resistance & core	12.15pm	Cubigo – Exclusive to Members & Residents
	Low Impact Cardio & Core	3.00pm	Cubigo – Exclusive to Members & Residents
Fri	Lower Body Resistance & core	10.15am	Cubigo – Exclusive to Members & Residents
	Hydro pool - mobility & stretch	11.15am	Cubigo – Exclusive to Members & Residents
	Low Impact floor-based work	12.15am	Cubigo – Exclusive to Members & Residents
	Full Body Resistance & Core	12.00pm	Cubigo – Exclusive to Members & Residents
	Balance, Stretch & Mobility	1.45pm	Cubigo – Exclusive to Members & Residents
Sun	Pure strength	11:15am	Cubigo – Exclusive to Members & Residents
	Total band workout	2:30pm	Cubigo – Exclusive to Members & Residents

Subject to change without prior notice. For questions please call 01932 393571.