



soulfit

YOGA, PILATES, DANCE & FITNESS SCHEDULE – April 2024

Studio & Live-Streamed

MONDAY

07.30 – 08.15	Body & Soul/ HIIT	Graeme Dalling
09.15 – 10.15	Vinyasa Flow	Cherry Bennialick
17.15 – 18.00	Cardio Strength/ HIIT	Jermayne Williams
18.30 – 19.30	Vinyasa Flow	Sally Domingo-Jones

TUESDAY

08.00 – 09.00	Vinyasa Flow	Jessie Shaw
09.15 – 10.15	Vinyasa Flow	Jessie Shaw
10.45 – 11.45	Pilates	Jermayne Williams
12.00 – 13.00	Flowetic / Adult Dance	Gemma Coe
18.00 – 18.45	Boxfit	Gyles Abbott
19.00 – 20.00	Iyengar Yoga / Level 1	Lindsay Barchan

WEDNESDAY

07.00 – 07.45	Soulfit Build / HIIT	Graeme Dalling
09.15 – 10.15	Vinyasa Flow	Ylva Alexandersson
17.15 – 18.00	Cardio Strength/ HIIT	Jermayne Williams
18.30 – 19.30	Vinyasa Flow	Cherry Bennialick

THURSDAY

07.00 – 07.45	Soulfit Sweat / HIIT	Yvette Carter
09.15 – 10.15	Vinyasa Flow	Julie Kamel
10.45 – 11.45	Flowetic / Adult Dance	Gemma Coe
17.30 – 18.15	Stronger/ Group Fitness	Graeme Dalling
18.30 – 19.30	Class TBC	TBC

FRIDAY

08.00 – 09.00	Vinyasa Flow	Isis Du Jour
09.15 – 10.15	Vinyasa Flow	Isis Du Jour
10.45 – 11.45	Restorative Yoga	Isis Du Jour
12.00 – 13.00	Pilates	Sasha Chisholm
17.30 – 18.30	Flow For All	Jas Tribe

SATURDAY

08.00 – 08.45	Boxfit	Gyles Abbott / Jermayne Williams
09.15 – 10.15	Vinyasa Flow	Caroline Henley
10.30 – 11.30	Gentle Flow	Caroline Henley

SUNDAY

08.00 – 08.45	Outside with Soulfit	Craig Brindley
09.00 – 10.00	Vinyasa Flow	Sally Domingo-Jones
10.30 – 11.30	Slow Flow to Yin	Cherry Bennialick

Visit www.wearesoulfit.com Call 01273 009509 or Scan the QR code below to Book

NB: Any teacher cover changes will be listed on our website



@wearesoulfit



@wearesoulfit

