

# DEVONA SPA

## CLASS TIMETABLE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
Morning	Legs, Bums & Tums 10:00 – 11:00 Instructor: Nicola	Zumba Gold 10:00 – 11:00 Instructor: Jackie	Pilates 09:00 – 10:00 Instructor: Jenni Aqua Fit 09:15 – 10:00 Instructor: Mandy	Legs, Bums & Tums 10:00 – 11:00 Instructor: Nicola		Flow Yoga 10:15 – 11:15 Instructor: Maria	
Early Afternoon						Pilates 13:00 – 14:00 Instructor: Donna	
Late Afternoon	Pilates 17:30 – 18:30 Instructor: Jenni	Circuits 18:00 – 18:45 Instructor: Vikki		Zumba 17:30 – 18:30 Instructor: Jackie			
Evening	Yoga 18:30 – 19:30 Instructor: Adrian	Body Conditioning 19:00 – 20:00 Instructor: Vikki	Yoga 18:00 – 19:00 Instructor: Adrian				

TO BOOK YOUR CLASS VISIT [WWW.DEVONASPA.COM/LEISURE-MEMBERSHIPS](http://WWW.DEVONASPA.COM/LEISURE-MEMBERSHIPS) OR CALL +44 (0) 1224 984 970