MAGHULL HEALTH STUDIOS

MONDAY	MUSICAL BUMP (AGE 0-3)	DANCE FITNESS	SEATED MUSICAL AEROBICS					
	10-11am SENSORY ROOM ALISON	10.30-11.15am STUDIO 1 JO	11.15am-12 STUDIO 1 JO					
TUESDAY	CHI BALL	SEATED YOGA					CIRCUITS	
	10-10.45am STUDIO 1 SARAH	11-12pm STUDIO 1 SARAH					6-6.45pm STUDIO 1 CLIFF	
WEDNESDAY	ZUMBA	TONE			OLDER ADULT PILATES	MULTI SPORTS (7-13 YEARS)	MUSIC & MOVEMENT	
	10-10.45am STUDIO 1 ANNA	10.45-11.30am STUDIO 1 ANNA			2-2.45pm STUDIO 1 NICKY	4.15-5pm BIG STUDIO CLIFF	6-6.45pm STUDIO 1 AINTREE SCHOOL OF MUSIC	
THURSDAY	SPECIAL FAMILY YOGA (PRE-SCHOOL)	SPECIAL YOGA	OLDER ADULTS TONING			MUSICAL BUMPS		
	10-10.45am STUDIO 1 EMMA	11-11.45am STUDIO 1 EMMA	12.30-1.15pm STUDIO 1 NICKY			4.15-5pm SENSORY ROOM ALISON		
FRIDAY	MUSIC & MOVEMENT	MINDFULNESS & RELAXATION	SEATED MUSICAL AEROBICS					
	10-11am STUDIO 1 AINTREE SCHOOL OF MUSIC	11-12pm SENSORY ROOM VICKY	12.30-1.15pm STUDIO 1 NICKY					
SATURDAY	10-11am	11-12pm						
SUNDAY								