

SUMMER 2025 TIMETABLE

Monday's

Mum and baby fitness 10.45am

(Mint wellbeing, Wimbledon)

Strength 11.50am (Mint wellbeing, Wimbledon)

Love to Lift 1pm and 7.45pm (RP studio)

Tuesday's

Pilates (all levels) 9.15am (RP studio)

Mum and baby Fitness 10.15am (RP studio)

Wednesday's

Mum and baby fitness (Mint Wellbeing, Wimbledon)

Love to Lift 7.45pm (RP studio)

Thursday's

9.15am Love to Lift (RP studio)

10.30am Walk and talk

(meet at veggieberg, Raynes Park)

