



Home to the most relaxing classes in the Brentwood Centre, the Holistic Hub provides a quiet and atmospheric space to unwind with mood lighting and forest decor.

- Pilates & Stretch
- Pilates Drop-in
- Yoga
- Older Fitness for Health
- Young at Heart
- Meditation

Monday	COMMUNITY (1-3) 11:30-12:30	SITTING (1-3) 12:45-13:15	13:30-14:30	DYNAMIC (1-2) 18:00-19:00	DYNAMIC (3-4) 19:00-20:00	20:30-21:30
Tuesday	(1-3) 10:00-11:00	(0-2) 11:00-12:00	BEGINNERS (2-3) 19:00-20:00			
Wednesday	9:00-9:50	9:55-10:45	12:00-13:00	13:00-14:00	18:00-19:00	20:30-21:30
Thursday	(2) 9:05-10:05	10:10-11:10	11:15-12:15	Kickboxing £ 19:00-20:00		
Friday	BEGINNERS 11:00-12:00					
Saturday	9:00-10:00					
Sunday	VINYASA (2-3) 9:00-11:00					

Yoga Intensity

- 0** = Very gentle Yoga class
- 1** = Gentle Yoga class
- 2** = Beginners Yoga class
- 3** = Intermediate Yoga class
- 4** = Advanced Yoga class

Pricing

Classes - Peak	£5.50
Classes - Off Peak	£5.00
Concession Card	£3.50
Drop-In Pilates / Yoga	£6.60

Peak times: 5pm-Close weekdays.
All day weekends.

£ External class. For booking information please call 01277 215151