



Fitness timetable

Day	Activity	Room	Start	Finish
Mon	Seated Exercise	Main Hall	2.00pm	3.00pm
	Tai Chi	Small Hall	6.30pm	7.30pm
	Iyengar Yoga	Room 3	7.45pm	8.45pm
Tues	Zumba Gold®	Main Hall	10.00am	11.00am
	Mobility, Flexibility & Stretch	Main Hall	11.15am	12.15pm
	Aerolatino®	Main Hall	8.00pm	8.45pm
Wed	Pilates <i>(starts 11 Oct)</i>	Main Hall	11.15am	12.15pm
	PiYo	Small Hall	6.30pm	7.30pm
Thu	Pilates	Room 3	6.30pm	7.30pm
	Beginners' Ballroom and Latin Dancing	Small Hall	7.00pm	8.00pm
Fri	Tai Chi	Main Hall	9.30am	10.30am
	FitSteps®	Main Hall	10.45am	11.45pm

NEW

Please ask for more details at reception or email ymcalsw.org/whitehouse  

YMCA London South West is a registered charity.



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.