

# COEACTIVE FITNESS

## WEEKLY SCHEDULE

[WWW.COEACTIVEFITNESS.CO.UK](http://WWW.COEACTIVEFITNESS.CO.UK)

MON

TUES

WED

THURS

SAT

09.30 - 10:30

**Zumba**

St Paul's  
Church Hall

09.30 - 10:30

**Circuits**

St Paul's  
Church Hall

09.00 - 09:45

**Circuits**

St Mary's  
Church Hall

10.40 - 11:40

**Yoga**

St Paul's  
Church Hall

10.00 - 11:00

**Zumba**

St Mary's  
Church Hall

SUN

18.30 - 19:15

**Circuits**

Bishop Ramsey  
School

19.00 - 20:00

**Zumba**

Eastcote Royal  
British Legion

19.00 - 20:00

**Zumba**

Eastcote Royal  
British Legion

18.30 - 19:30

**Strong by Zumba**

Eastcote Royal  
British Legion

10.00 - 10:45

**80's Aerobics**

St Paul's  
Church Hall

20:00 - 21:00

**Zumba**

Ruislip Social  
Club

20.15 - 21:15

**Strong by Zumba**

Ruislip  
Social Club

20.10 - 21:05

**FitFrame**

Eastcote Royal  
British Legion

19.00 - 20:00

**Zumba**

Ruislip Manor  
Methodist Church

17.30 - 18:30

**Yoga**

Eastcote  
Community Association