



THE HIDEOUT

Time table

MON	TUE	WED	THU	FRI	SAT	SUN
	@merakifitness <u>Vinyasa Yoga</u> <u>7.30-8.30</u>	@adventurebabiesbristol <u>_central8.30-4pm</u> <u>starting</u> <u>July 21st - Aug 18th</u>		@ae.dance.fitnes <u>s</u> <u>Rocking Wrigglers</u> <u>9.30-10.30am</u>		@mrgreengus1 <u>Breath work</u> <u>8-9.30am</u>
@louiseptuk Older Adults Fitness 10.30-11.30am Starts 9th Aug	@louiseptuk Sensory Sessions 10.30-12pm 27th July - 31st Aug			@ae.dance.fitnes <u>s</u> <u>Rocking Wrigglers</u> <u>10.45-11.45am</u>	@precisionx_dance <u>_company</u> 10.30-11.30am	
					@alafiayoga <u>Ashtanga Yoga</u> <u>11.40-13.10pm</u>	
@alien.dance. <u>company</u> Kids Ballet 4-6.30pm	@alafiayoga <u>Ashtanga</u> <u>Yoga</u> <u>5.30-6.30pm</u>	@kenzidance_and <u>_carnivalfitness</u> <u>6-6.45pm</u>	@horizondanceco <u>mpany.</u> <u>Irish Dancing</u> <u>5.10-6.10pm</u>			@noeldowner11 <u>Taekwando</u> <u>11.15-12.15pm</u>
@ae.dance.fitness <u>Musical Theatre</u> <u>6.50-7.50pm</u>	@fresh_danceco <u>Heels Dance</u> <u>6.40-7.40pm</u>	@fresh_danceco <u>Heels Dance</u> <u>7-8pm</u>	@irishernandezc <u>Commercial Latin</u> <u>6.20-7.20pm</u>	@sophiefitness <u>danceclasses</u> <u>Dance Fitness</u> <u>5.20-6.20pm</u>		
@toriaford <u>Jazz Technique</u> <u>8-9.30pm</u>	@sandraschez24 Private Class 7.50-8.50pm	Available through july & August <u>8.10-9.10pm</u>	@superyogiuk <u>AcroYoga</u> <u>7.30-9.30pm</u>	@superyogiuk <u>AcroYoga</u> <u>6.30-8.30pm</u>	@noeldowner11 <u>Taekwando</u> <u>6.15-7.15pm</u>	