

## Weekly Timetable

Call Vikki 07753194030

### MONDAY

Denton West End  
Community Centre  
Hulme Road Denton M34  
2WZ  
5.30pm **Modern Pilates**  
6.30pm – 7.45pm  
**Weigh in and Work Out.**

### TUESDAY

Stockport Sunday  
School Nangreave Road  
Offerton SK2 6DQ  
5.15pm -6.45pm  
**Weigh in and Work out**  
6.45pm-8pm  
**Weigh in and Work out**  
8pm **Modern Pilates.**

### WEDNESDAY

Haughton Green Methodist  
Church Two Trees Lane  
Denton M34 3GL  
6.30pm  
**Weigh in and Work Out**

### THURSDAY

St Saviours Church hall  
Gladstone Great Moor  
SK2 7QF  
9.45-11am  
**Weigh in and Work Out**  
11am **Modern Pilates**

### THURSDAY

Stockport Sunday School  
Nangreave Road Offerton  
SK2 6DQ  
5.30pm **HIIT**  
6pm **Modern Pilates**

**Shape**  
 **yourself**