



Move With Lildonia Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Fun, Fit, Females Fitness Sessions for young women aged 13-19</p> <p>Time: 4-6pm (Summer Holidays Only- Check Lift website for details)</p> <p>Place: The Lift 45 White Lion Street London N1 9PW</p> <p>Price: Free!</p>	<p>Zumba Fitness</p> <p>Time: 8-9pm</p> <p>Place: The Large Hall Uxbridge Community Centre The Greenway, Uxbridge, UB8 2PH</p> <p>Price: £6.00 Pay as you go</p>	<p>Fun, Fit, Females Fitness Sessions for young women aged 13-19</p> <p>Time: 4-6pm</p> <p>Place: The Lift 45 White Lion Street London N1 9PW</p> <p>Price: Free!</p>	<p>Yogalates (Women Only)</p> <p>Time: 6.30pm-7.30pm</p> <p>Place: The Library at Willesden Green 95 High Road NW10 2SF</p> <p>Price: £3.00 Pay as you go</p> <p>Hosted by Sport at The Heart http://www.sportattheheart.org/</p>		<p>Women's Health & Fitness Course (Women Only)</p> <p>Time: 10am-11.30am</p> <p>Place: Roundwood Youth Centre, NW10 3UN</p> <p>Price: Free</p> <p>(This is a 10 week course starting July 23rd 2016)!</p> <p>Hosted by Sport at The Heart http://www.sportattheheart.org/</p>	<p>Pregnancy Yoga</p> <p>Time: 10.30am-12pm</p> <p>Place: Kush Creative Centre, NW6</p> <p>Price: £12.00 PAYG</p>