



# Move With Lildonia Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Fun, Fit, Females</b> Fitness Sessions for young women aged 13-19</p> <p><b>Time:</b> 4-6pm (Summer Holidays Only- Check Lift website for details)</p> <p><b>Place:</b> <b>The Lift</b> 45 White Lion Street London N1 9PW</p> <p><b>Price: Free!</b></p>		<p><b>Fun, Fit, Females</b> Fitness Sessions for young women aged 13-19</p> <p><b>Time:</b> 4-6pm</p> <p><b>Place:</b> <b>The Lift</b> 45 White Lion Street London N1 9PW</p> <p><b>Price: Free!</b></p>	<p><b>Yogalates (Women Only)</b></p> <p><b>Time:</b> 6.30pm-7.30pm</p> <p><b>Place:</b> <b>The Library at Willesden Green</b> 95 High Road NW10 2SF</p> <p><b>Price:</b> £3.00 Pay as you go</p> <p>Hosted by Sport at The Heart <a href="http://www.sportattheheart.org/">http://www.sportattheheart.org/</a></p>		<p><b>Boxfit</b></p> <p><b>Time:</b> 11.30am-21.30pm</p> <p><b>Place:</b> <b>The Small Hall</b> <b>Uxbridge</b> <b>Community Centre</b> The Greenway, Uxbridge, UB8 2PH</p> <p><b>This is a 6 week course!</b> Contact Lildonia for dates and to book.</p>	<p><b>Pregnancy Yoga</b> <b>Time:</b> 10.30am-12pm</p> <p><b>Place:</b> <b>Kush Creative Centre,</b> <b>NW6</b></p> <p><b>Price: £12.00 PAYG</b></p>