



# 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</p> <p><b>Place:</b> <b>The Lift</b> 45 White Lion Street London N1 9PW</p> <p><b>Price:</b> Free!</p>			<p><b>Zumba Fitness</b></p> <p><b>Time:</b> 9.15am-10am</p> <p><b>Place:</b> <b>Virgin Active</b> Cricklewood Lane, NW2 2DS</p> <p><b>Price:</b> Members Only</p> <hr/> <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 PAYG</p>		<p><b>Boxfit</b></p> <p><b>Time:</b> 11.30am-12.30pm</p> <p><b>Place:</b> <b>The Small Hall Uxbridge Community Centre</b> The Greenway, Uxbridge, UB8 2PH</p> <p><b>Price:</b> This is a course, please contact Lildonia for full details</p>	<p><b>Pregnancy Yoga</b> <b>Time:</b> 10.30am-12pm</p> <p><b>Place:</b> <b>Kush Creative Centre</b> NW6 2JJ</p> <p><b>Price:</b> £12.00 PAYG</p>