



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</p> <p>Place: The Lift 45 White Lion Street London N1 9PW</p> <p>Price: Free!</p>			<p>Zumba Fitness</p> <p>Time: 9.15am-10am</p> <p>Place: Virgin Active Cricklewood Lane, NW2 2DS</p> <p>Price: Members Only</p> <hr/> <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 PAYG</p>		<p>Boxfit</p> <p>Time: 11.15am-12.15pm</p> <p>Place: The Small Hall Uxbridge Community Centre The Greenway, Uxbridge, UB8 2PH</p> <p>Price: This is a course, please contact Lildonia for full details</p>	<p>Pregnancy Yoga Time: 10.30am-12pm</p> <p>Place: Kush Creative Centre NW6 2JJ</p> <p>Price: £12.00 PAYG</p>