



Tempus Spa Class Timetable

Day	Class	Time	Instructor
Monday	Strength & Conditioning	8:00	Rob
	Yoga	9:15	Laura
	Body Pump	18:00	Vernalisa
Tuesday	Circuits	9:00	Vernalisa
	Stability	10:00	Rob
Wednesday	Body Blitz	9:00	Rob
	Pilates	10.15	Ruth
	Body Pump	18:00	Ryan
Thursday	Circuits	8:00	Vernalisa
	Body Pump	9:15	Vernalisa
	Yoga Flow	10:30	Laura
Friday	Pilates	9:15	Ruth
	Express Stretch & Flex	10:15	Rob
Saturday	Body Conditioning	8:30	Karen
	Yoga Flow	9:30	Karen
Sunday	Yoga	10:00	Vernalisa

All classes must be booked in advance to guarantee a space. This is on a first come first served basis.

You can only book a week in advance from the day of that class.

Call: 01844 277666 or Email: tempus@theoxfordshire.com

Maximum class numbers are 8 due to studio capacity.

Classes will be cancelled if there is a low number of attendees booked.