

**SATURDAY 18TH FEBRUARY 10:00—12:10 Open To All**

**Team Southampton Sports Hall**

10:15 - 10:45 STRONG by Zumba

10:55 - 11:25 Express Step

11:30 - 12:00 Skipcersize

**Martial Arts Room**

10:00-10:45 Yoga

11:00 - 11:30 Pilates

11:40 - 12:10 Total Balance

**Want to try a new class?**

**What ever style of class you enjoy you can try it for free from our relaxing Yoga to our Express Step!**

**No need to book for classes**

Turn up 5 minutes before the class and donate to the  
**Centre for Cancer Immunology at Southampton**



**The cure for cancer?**  
**You're it**



All regular classes are **Free** to Sport and Wellbeing Members. If you are not a member why not buy a **CLASS PASS**. From our Regular timetable you can purchase 5 or 10 sessions for each class type that we do (30min, 45min, 60 min)\*

\*Please note that pre-purchased sessions are valid for **6 months** from the date of purchase.