

Timetable

Please check out our website below for all our classes directions to each venue and further info.

Mon Broom Methodist Church 10am

Mon Aston Parish Hall 11.15am

Mon Wickersley Methodist 1pm

Tue Swinton Civic Hall 10am

Tue Conisbro Ivanhoe Centre 11.30am

Wed Broom Methodist Church 10am

Wed Wesley Centre Maltby 11.30am

Wed Wickersley Methodist 1pm

Tel Lorri: 07728842493 / 01709 554350

Email: lorri@energisedfitness.co.uk

www.energisedfitness.co.uk

