

Colyton Changes



From the w/c September 2nd the Timetable of classes held at Colyton Leisure Centre will be as follows. We thank you for your patience and understanding whilst we have sought alternative options.

Day & Class	Current Time	New Venue/Time	Instructor
Monday - Yoga	09.15	Axminster LC - 09:15	James
Monday - Thai Yoga	17.15- 18:25	*Colyon LC - 17:35 - 18:45	Niclaire
Monday - Body Conditioning	18.30 - 19:30	Colyton LC - 18:45 -19:30	Vanessa
Thursday - Cardio Conditioning	09.00 - 09:55	Colyford Memorial Hall 09.00 - 09.55	Sam
Thursday - Yoga	10.00 - 11.25	Colyford Memorial Hall 10.00 - 11.25	Sam
Friday - Zumba	09.00 - 09.55	Seaton Methodist Church 09.15 - 10.10	Jane
Fridays - Pilates	10.00 - 10.55	Seaton Methodist Church 10.15 - 11.10	Jane
Fridays - Remedial Pilates	11:00 - 11.55	TUESDAYS-Seaton Methodist Church- 08.45 - 09:50	Jane

* No access to the building is permitted until 17:30 - Please book in advance & register your attendance after the class.



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