



Wellfit4life Class Timetable

MONDAY

9.15am - Zumba

BTFC - with Lou

10.15am - Fit & Flow

BTFC - with Katie

WEDNESDAY

9.15am - Strictly Fit ***

PVH - with Lou

9.30am - Wellfit Mix

FCH - with Caris

10.30am - Pilates

FCH - with Caris

FRIDAY

9.15am - Strictly Fit***

PVH - with Lou

10.15am - Pilates***

PVH - with Nic

TUESDAY

9.15am - Zumba Gold

FCH - with Lou

10.00am - Body Tone

FCH - with James

6.00pm - Zumba

EBS - with Lou

7.00pm - Pound Fitness

Message me for details - with Mel

THURSDAY

9.15am - Zumba

FVH - with Lou

10.00am - Barre Fitness

FVH - with Lou

10.50am - Fit & Flow

FVH - with Katie

6.00pm - Zumba

EBS - with Lou

SATURDAY

8.50am - HIIT/Strong

DVS - with Lou

9.30am - Zumba

DVS - with Lou

***Classes also livestreamed and pre recorded via Zoom

All classes subject to change

VENUES

BTFC "Seasons" - Bognor Town Football Club - Nyewood Lane PO21 2TY

EBS - Edward Bryant School - London Road PO21 1BB

FCH - Felpham Community Hall - Meaden Way PO22 8FA

FVH - Felpham Memorial Village Hall - Vicarage Lane PO22 7DZ

DVS - Downview School - Wroxham Way, Felpham PO22 8ER

PVH - Pagham Village Hall - Pagham Road, Pagham PO21 4NJ

Book on the Gymcatch App - Wellfit for life ltd or just turn up!

www.wellfit4life.co.uk

info@wellfit4life.co.uk

07921 781450

Follow us on

Facebook - Wellfit4life

Instagram - wellfitforlifebognor