



Class Timetable

Monday

Bootcamp with Ben Cuthbert - 7am

Pilates with Yana - 6pm

Tuesday

Circuits with Scott Ebbles - 6pm

Wednesday

Bootcamp with Ben Cuthbert - 7pm

Thursday

Move & Breath with Ben Cuthbert - 7am

Boxercise with Scott Ebbles - 6pm

Friday

Circuits with Scott Ebbles - 7am

Iyengar Yoga with Mark Isaacs - 12:30pm

Saturday

Boxercise with Scott Ebbles - 10:30am

Be You Health Studios, Peterborough PE4 6AF
Reserve your space at www.beyouhealthstudios.co.uk