



Class Timetable (subject to change) JUNE 2021 –

Please register via www.mojofitness.info or email marion@mojofitness.info in order to receive class links

Day	Time	Class	Format	Please Register and Pay for your classes
Monday Arkendale Community Hall	1. 8.45am-9.45am 2. 10am-11am 3. 11.15am-12.15pm 4. 12.30-1.30pm****	Pilates Matwork – all abilities ***(Session 4 may not run if numbers insufficient)	Face to Face class or Live online via Zoom	www.mojofitness.info
Monday Allhallowgate Church Hall Ripon	2pm-3pm (From 21/6/21)	Zumba Gold (Age UK)	Face to Face or Live online via Zoom	www.mojofitness.info
Tuesday Zoom	10am-10.45am	50 plus Cardio Tone	Face to Face or Live online via Zoom	www.mojofitness.info
Tuesday Kairos Church Hall, 2 Harlow Terrace, Harrogate	6.15pm-7.15pm	Zumba Gold	Face to Face or Live online via Zoom	www.mojofitness.info
Wednesday St Lukes Church Hall, Franklin Square, Harrogate	10am-11.am 11.30am-12.30pm From 23/6/21	Zumba Gold 50 plus Pilates Seated or Standing matwork	Face to Face or Live online via Zoom	www.mojofitness.info
Thursday Fitness Garage Harrogate	10am-11.00am 7.30-8.30pm	SpineSafe Pilates Pilates Matwork (Mixed Ability)	Face to Face or Live online via Zoom	www.mojofitness.info
Friday The Fitness Garage, Harrogate	10.30am-11.30am	Standing Pilates and trigger point release with the Hedgehog	Face to Face or Live online via Zoom	www.mojofitness.info

ALL NEW CLASS MEMBERS – CLAIM YOUR FREE 7 DAYS PASS UNLIMITED CLASSES www.mojofitness.info - subject to medical screening – please read the on-line disclaimer