



This Girl Can Islington Timetable

Day	Class	Time	Location	Instructor
Monday	Yoga	5pm - 6pm	Sobell Leisure Centre, N7 7NY	Shelley
Tuesday	Women Only Swim	7.30pm - 9.30pm	Ironmonger Row Baths, LC1V 3AA	N/A
Tuesday	total Body Conditioning	7.30pm - 8.15pm	Highbury Leisure Centre, N5 1RH	Cazza
Tuesday	Dance Aerobics	10am - 11am	Islington Tennis Centre, N7 9PL	Mel
Tuesday	Step	10.30am - 11.30am	Finsbury Leisure Centre, EC1V 3PU	Katy
Wednesday	Tennis Beginners	9am - 10am	Islington Tennis Centre, N7 9PL	Stella
Wednesday	This Girl Can Jump	5pm - 7pm	Trampoline Park, Sobell Leisure Centre, N7 7NY	N/A
Wednesday	Pilates	5pm - 6pm	Sobell Leisure Centre, N7 7NY	Monica
Wednesday	Women Only Gym	2pm - 4pm	Ironmonger Row Baths, LC1V 3AA	N/A
Thursday	Women Only Evening	8pm - 9.30pm	Archway Leisure Centre, N19 5DD	N/A
Friday	Zumba	5.30pm - 6.30pm	Sobell Leisure Centre, N7 7NY	Gina
Friday	Yoga 55+	10.30am - 11.30am	Islington Chinese Association, N19 4NG	Hsin
Friday	total Body Conditioning	11.30am - 12.30pm	Sobell Leisure Centre, N7 7NY	Lileen
Friday	Women Only Evening	6.30pm - 9.30pm	Cally Pool & Gym, N1 0NH	N/A
Friday	Core Stability	12.30pm - 1.15pm	Islington Tennis Centre, N7 9PL	Hayley
Sunday	Zumba Gold	1pm-2pm	Caxton House Community Centre, N19 3RQ	Sue
Sunday	Boxfit	11am - 12:30 pm	Sobell Leisure Centre, N7 7NY	Naomi