


















NKH FITNESS CLASS TIMETABLE | JANUARY 2025

	Monday 13 th January	Tuesday 14 th January	Wednesday 15 th January	Thursday 16 th January	Friday 17 th January
MORNING					
EVENING	Fitness Pilates 7:00pm – 7:45pm Instructor: Natasha  	HIIT 7:15pm – 7:45pm Instructor: Karen  			

	Monday 20 th January	Tuesday 21 st January	Wednesday 22 nd January	Thursday 23 rd January	Friday 24 th January
MORNING			Fitness Pilates 10:00am – 10:45am Instructor: Natasha  		
EVENING	Fitness Pilates 7:00pm – 7:45pm Instructor: Natasha  	HIIT 7:15pm – 7:45pm Instructor: Karen  			

	Monday 27 th January	Tuesday 28 th January	Wednesday 29 th January	Thursday 30 th January	Friday 31 st January
MORNING			Fitness Pilates 10:00am – 10:45am Instructor: Natasha  		
EVENING	Fitness Pilates 7:00pm – 7:45pm Instructor: Natasha  	HIIT 7:15pm – 7:45pm Instructor: Karen  	Clubbercise (Monthly) 7:30pm – 8:30pm Location: Manor LDN Studio, Clifton Terrace London N4 3JP Instructor: Natasha 		

Please note that our timetable may be subject to change. Book your spot at our **new booking system** at <http://www.nkhfitness.co.uk/book-online>. If you have any questions or suggestions, please contact us at info@nkhfitness.co.uk for more information.