



Refresh Health

Reading

[Book Now](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Flex 7:30 AM		Flex 7:30 AM	Flex 8:00 AM	
				Flex 8:30 AM	Jumpboard 9:00 AM	Flex 9:00 AM
Flex 9:30 AM		Flex 9:30 AM	Flex 9:30 AM	Flex 9:30 AM	Flex 10:00 AM	Boxing 9:15 AM
Flex 12:00 PM				Boxing 10:45 AM	Boxing 10:15 AM	Flex 10:15 AM
Flex 5:30 PM					Dance Fit 10:15 AM	
Boxing 6:30 PM	Flex 5:30 PM	Flex 5:30 PM	Flex 5:30 PM		Flex 11:00 AM	
Dynamic 6:30 PM	Flex 6:30 PM	Jumpboard 6:30 PM	Flex 6:30 PM		Stretch & Tone 11:15 AM	
Yoga 6:30 PM		Boxing 6:30 PM	Barre 7:15 PM			
Jumpboard 7:30 PM	Flex 7:30 PM	Jumpboard 7:30 PM	Flex Advanced 7:30 PM			



Refresh Health

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Pangbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Boxing 6:15 AM		Flex 8:00 AM	
Flex 8:30 AM			Flex 7:00 AM		Flex 9:00 AM	
Flex 9:30 AM	Flex 9:30 AM		Flex 9:30 AM	Barre 9:30 AM	Barre 9:00 AM	
Beginners 10:30 PM			Beginners 10:30 PM		Dynamic 10:30 AM	
		Flex 12:00 PM		Flex 12:00 PM	Mens Reformer 11:30 AM	
		Flex 1:00 PM		Boxing 1:00 PM		
	Flex 5:30 PM		Flex 5:30 PM			
	Dynamic 6:30 PM	Strength Training 6:00 PM	Beginners 6:30 PM			
Flex 7:30 PM	Boxing 7:30 PM					