



# FITNESS WITH NATASHA

Fitness & Weight Management Classes

Tel: 07830 240120 or Email:fitnesswithnatasha@virginmedia.com

## Monday

**10.00 -10:45am** **Aerobics**

Mitcham Methodist Church Hall, Cricket Green, Mitcham, CR4 4LB

**7:20 - 8:05pm** **HIIT Aerobics**

Martin Way Methodist Church Hall, Buckleigh Avenue, Merton Park, SW20 9JZ

## Tuesday

**7:00 – 7.45pm** **Pyramid Aerobics & Toning**

*This class may not run during all school holidays*

**7.50 - 8.45pm** **Fitness Pilates Course\***

Mitcham Methodist Church Hall, Cricket Green, Mitcham, CR4 4LB

*(\*NB please note these classes run during term times and must be paid for in advance)*

## Wednesday

**10:30 - 11:15am** **Aerobics**

St.Matthews Church Hall, 3 Spencer Road, Raynes Park, SW20 0QN

**6:20 - 7:15pm** **Aerobics**

Old Rutlishians Rugby Club, Sports Ground, Poplar Road, Merton Park, SW19 3JS

## Thursday

**10:00 - 11:15am** **Aerobics**

Martin Way Methodist Church Hall Buckleigh Avenue, Merton Park, SW20 9JZ

*Please arrive 5-10 mins before the start of the classes.*

If you would like to include **Weight Management**, then you will need to factor in extra time (Timings for this vary from class to class).Weight Management includes a food plan, a weekly confidential weigh and advice.

## Monday Fitness Pilates Courses

**11:50am - 12.45pm**

St.Matthews Church Hall  
3 Spencer Road, Raynes Park  
SW20 0QN

**8:15pm - 9.10pm**

Martin Way Methodist Church Hall  
Buckleigh Avenue, Merton Park,  
SW20 9JZ

[Contact Me For Current and Future Course Dates](#)