

Fitness Classes In Bearsted

Monday

9.15: Moore Fitness – The Green
Claire Moore 07734 256130
clairemoore710@gmail.com

9:30 Maidstone Boot Camp – Elizabeth
Harvie Field
Tracy Rice 07845 993874
info@maidstonebootcamp.co.uk

Thursday

18:30 Pilates – St Peters Church Hall
Beginners/Intermediates
Victoria Bristow 07810 551715
victoriabristow@btinternet.com

19:30 Pilates – St Peters Church Hall
Mixed Ability
Victoria Bristow 07810 551715
victoriabristow@btinternet.com

Tuesday

9:30 Maidstone Boot Camp – Elizabeth
Harvie Field
Tracy Rice 07845 993874
info@maidstonebootcamp.co.uk

19:00 Circuit Training – St Peters Church
Hall

Friday

9.15: Moore Fitness – The Green
Claire Moore 07734 256130
clairemoore710@gmail.com

9:30 Maidstone Boot Camp – Elizabeth
Harvie Field
Tracy Rice 07845 993874
info@maidstonebootcamp.co.uk

11:30 Fit Over 50 – WI Hall
Laura Welfare 07462 060669
laura@lt-fit.com

Wednesday

9:00 Yoga – St Peters Church Hall

9.15: Moore Fitness – The Green
Claire Moore 07734 256130
clairemoore710@gmail.com

18:30 Yoga – St Peters Church Hall

Saturday

8:45 Circuit Training – St Peters Church
Hall

9:00 Keeling Fitness BoxFit – The Green
Craig Keeling 07879 696104
www.keelingfitness.com

Some classes offer free taster sessions, please contact directly for more information.