

Yoga: Includes exercise, breathing techniques and relaxation to stretch, tone and flex the body, and calm the mind.

Pilates: Is mainly mat-based and helps to improve body posture, natural poise, flexibility and ease of movement and can relieve stress and promote a feeling of well-being.

Tai Chi: Invigorates the mind and body with soft continuous movement that promotes relaxation, health and wellbeing whatever your age or fitness level.

Aerobics: An energetic form of exercise that helps towards increasing fitness, range of movement, flexibility and helps burn extra calories to aid weight loss and body tone.

Fitball: Can improve your strength and flexibility and make you feel good all over. It is an excellent all round toning and strengthening class for people of all fitness levels.

Circuit Training: Improves strength, mobility and stamina. It involves a group of six to ten exercises that are completed one after another, and can be adapted for people of all ages and levels of fitness.

Boxercise: Incorporates a number of boxing moves and techniques, but does not involve physical contact. It is a great way of toning your body and letting off steam at the same time.

Salsacise: Combines salsa dance and exercise to improve fitness levels and help you to feel great. As well as toning the whole body, Salsacise is also a fantastic cardiovascular exercise.

Somatics: Somatics offers, through a simple, practical programme for mind and body, the prospect for almost everyone of being able to maintain a supple, healthy body indefinitely with only a five minute routine once a day.

Keep Fit: Can improve fitness and keep you in shape. You should benefit from increased stamina and suppleness and improved co-ordination. Exercises are generally low impact and suit all age groups and levels of fitness.

And remember, if you combine sensible eating with our classes you could lose weight permanently!

COURSE NAME	LOCATION	DAY	TIME	NO. WKS	START DATE	COURSE COST	COURSE CODE
Aerobics - Mixed Ability	Oadby Beauchamp Community College	Wed	18.45-19.45	15	17.09.2008	£49.50	BE082A103P
Aerobics - Mixed Ability	Oadby Beauchamp Community College	Wed	18.45-19.45	15	28.01.2009	£49.50	BE082C103P
Aerobics - Mixed Ability	Shepshed Hind Leys Community College	Wed	19.00-20.00	15	17.09.2008	£49.50	KG082A102P
Aerobics - Mixed Ability	Shepshed Hind Leys Community College	Wed	19.00-20.00	15	28.01.2009	£49.50	KG082C102P
Aerobics - Mixed Ability	Loughborough Shelthorpe Community School	Mon	19.15-20.15	15	15.09.2008	£49.50	LB082A060P
Aerobics - Mixed Ability	Loughborough Shelthorpe Community School	Mon	19.15-20.15	15	02.02.2009	£49.50	LB082C060P
Aerobics - Mixed Ability	Thurmaston Roundhill Community College	Tue	20.15-21.15	15	16.09.2008	£49.50	RO082A156P
Aerobics - Mixed Ability	Thurmaston Roundhill Community College	Tue	20.15-21.15	15	27.01.2009	£49.50	RO082C156P
Aerobics - Tums and Bums	Mountsorrel Library	Wed	14.00-15.00	15	17.09.2008	£49.50	QR082A304P
Aerotone - Mixed Ability	Kegworth Community Centre	Mon	18.45-20.15	15	15.09.2008	£74.25	KG082A103P
Aerotone - Mixed Ability	Kegworth Community Centre	Mon	18.45-20.15	15	02.02.2009	£74.25	KG082C103P
Boxercise	Ashby Ivanhoe Community College	Wed	19.00-20.00	15	17.09.2008	£49.50	HU082A345P
Boxercise	Ashby Ivanhoe Community College	Wed	19.00-20.00	15	28.01.2009	£49.50	HU082C344P
Boxercise	Ibstock Community College	Tue	19.00-20.00	15	16.09.2008	£49.50	IB082A337P
Boxercise	Ibstock Community College	Tue	19.00-20.00	15	27.01.2009	£49.50	IB082C338P
Bums, Tums and Legs	Birstall Longslade Community College	Mon	18.30-19.30	15	15.09.2008	£49.50	L0082A100P
Bums, Tums and Legs	Birstall Longslade Community College	Mon	18.30-19.30	15	02.02.2009	£49.50	L0082C100P
Circuit Training	Bottesford Community Centre	Wed	18.30-19.30	15	17.09.2008	£49.50	BT082A251P
Circuit Training	Bottesford Community Centre	Wed	18.30-19.30	15	28.01.2009	£49.50	BT082C251P
Circuit Training	Loughborough Mountfields Evening Centre	Thu	20.30-21.30	15	18.09.2008	£49.50	LB082A062P
Circuit Training	Loughborough Mountfields Evening Centre	Thu	20.30-21.30	15	29.01.2009	£49.50	LB082C062P
Fitball - Beginners/Improvers	Groby Community College	Tue	18.30-19.30	15	16.09.2008	£49.50	GR082A072P
Fitball - Beginners/Improvers	Groby Community College	Tue	18.30-19.30	15	27.01.2009	£49.50	GR082C072P
Fitball - Beginners/Improvers	Shepshed Hind Leys Community College	Wed	20.00-21.00	15	17.09.2008	£49.50	KG082A332P
Fitball - Beginners/Improvers	Shepshed Hind Leys Community College	Wed	20.00-21.00	15	28.01.2009	£49.50	KG082C333P
Fitness Training for Men and Women	Lutterworth Community College	Wed	20.00-22.00	15	17.09.2008	£99.00	WP082A199P
Fitness Training for Men and Women	Lutterworth Community College	Wed	20.00-22.00	15	28.01.2009	£99.00	WP082C384P
Fitness and Circuit Training for Men and Women	Stoke Golding St Martin's Catholic School	Mon	19.00-20.00	15	15.09.2008	£49.50	JC082A373P
Fitness and Circuit Training for Men and Women	Stoke Golding St Martin's Catholic School	Mon	19.00-20.00	15	02.02.2009	£49.50	JC082C112P
Fitness for Beginners	Donisthorpe Woodlands	Mon	09.30-10.30	15	15.09.2008	£49.50	HU082A340P

COURSE NAME	LOCATION	DAY	TIME	NO. WKS	START DATE	COURSE COST	COURSE CODE
Fitness for Beginners	Donisthorpe Woodlands	Mon	09:30-10:30	15	26.01.2009	£49.50	HU082C340P
Fitness to music	Melton Library	Mon	17:30-18:30	15	22.09.2008	£49.50	MT082A379P
Fitness to music	Melton Library	Mon	17:30-18:30	15	02.02.2009	£49.50	MT082C379P
Indoor Football Coaching and 5-a-side	Stoke Golding St Martin's Catholic School	Mon	20:00-21:00	15	15.09.2008	£49.50	JC082A374P
Indoor Football Coaching and 5-a-side	Stoke Golding St Martin's Catholic School	Mon	20:00-21:00	15	02.02.2009	£49.50	JC082C374P
Keep Fit and Healthy	Stonesby Village Hall	Tue	19:30-21:00	15	23.09.2008	£74.25	MT082A275P
Keep Fit and Healthy	Stonesby Village Hall	Tue	19:30-21:00	15	03.02.2009	£74.25	MT082C275P
Keep Fit for the Over 50s	Groby Village Hall	Mon	13:00-14:00	15	15.09.2008	£49.50	GR082A348P
Keep Fit for the Over 50s	Groby Village Hall	Mon	13:00-14:00	15	02.02.2009	£49.50	GR082C346P
Keep Fit for the Over 50s	Wigston Methodist Church	Thu	15:00-16:00	15	18.09.2008	£49.50	PA082A041P
Keep Fit for the Over 50s	Wigston Methodist Church	Thu	15:00-16:00	15	29.01.2009	£49.50	PA082C041P
Latinocise - Mixed Ability	Oadby Beauchamp Community College	Mon	19:00-20:00	15	15.09.2008	£49.50	BE082A110P
Latinocise - Mixed Ability	Oadby Beauchamp Community College	Mon	19:00-20:00	15	02.02.2009	£49.50	BE082C110P
Latinocise - Mixed Ability	Birstall Longslade Community College	Thu	19:00-20:00	15	18.09.2008	£49.50	LO082A172P
Latinocise - Mixed Ability	Birstall Longslade Community College	Thu	19:00-20:00	15	29.01.2009	£49.50	LO082C172P
Line Dancercise	Loughborough Shelthorpe Community School	Thu	19:00-20:00	15	18.09.2008	£49.50	LB082A443P
Line Dancercise	Loughborough Shelthorpe Community School	Thu	19:00-20:00	15	29.01.2009	£49.50	LB082C444P
Pilates - Beginners	Lutterworth Swiftway Centre	Wed	18:30-19:45	15	17.09.2008	£61.88	BR082A099P
Pilates - Beginners	Lutterworth Swiftway Centre	Wed	18:30-19:45	15	28.01.2009	£61.88	BR082C099P
Pilates - Beginners	Kegworth Community Centre	Wed	18:30-19:30	15	17.09.2008	£49.50	KG082A109P
Pilates - Beginners	Lutterworth Swiftway Centre	Tue	11:00-12:00	15	16.09.2008	£49.50	WP082A200P
Pilates - Beginners	Lutterworth Swiftway Centre	Tue	11:00-12:00	15	27.01.2009	£49.50	WP082C382P
Pilates - Improvers	Lutterworth Swiftway Centre	Tue	10:00-11:00	15	16.09.2008	£49.50	WP082A201P
Pilates - Improvers	Lutterworth Swiftway Centre	Tue	11:00-12:00	15	27.01.2009	£49.50	WP082C383P
Pilates - Mixed Ability	Oadby Beauchamp Community College	Wed	20:00-21:00	15	17.09.2008	£49.50	BE082A105P
Pilates - Mixed Ability	Oadby Beauchamp Community College	Wed	20:00-21:00	15	28.01.2009	£49.50	BE082C105P
Pilates - Mixed Ability	Oadby St Pauls Church	Wed	10:15-11:15	15	17.09.2008	£49.50	BE082A104P
Pilates - Mixed Ability	Oadby St Pauls Church	Wed	10:15-11:15	15	28.01.2009	£49.50	BE082C104P
Pilates - Mixed Ability	Bottesford Community Centre	Thu	10:05-11:05	15	18.09.2008	£49.50	BT082A308P
Pilates - Mixed Ability	Bottesford Community Centre	Thu	09:00-10:00	15	18.09.2008	£49.50	BT082A080P
Pilates - Mixed Ability	Bottesford Community Centre	Thu	09:00-10:00	15	29.01.2009	£49.50	BT082C344P
Pilates - Mixed Ability	Bottesford Community Centre	Thu	10:05-11:05	15	29.01.2009	£49.50	BT082C345P
Pilates - Mixed Ability	Braunstone Winstanley Community College	Wed	19:45-21:00	15	17.09.2008	£61.88	BR082A397P
Pilates - Mixed Ability	Braunstone Winstanley Community College	Wed	19:45-21:00	15	28.01.2009	£61.88	BR082C379P
Pilates - Mixed Ability	Broughton Astley Thomas Estley Community College	Tue	18:00-19:00	15	16.09.2008	£49.50	C0082A341P
Pilates - Mixed Ability	Broughton Astley Thomas Estley Community College	Tue	19:00-20:00	15	16.09.2008	£49.50	C0082A122P
Pilates - Mixed Ability	Broughton Astley Thomas Estley Community College	Tue	18:00-19:00	15	27.01.2009	£49.50	C0082C341P
Pilates - Mixed Ability	Broughton Astley Thomas Estley Community College	Tue	19:00-20:00	15	27.01.2009	£49.50	C0082C122P
Pilates - Mixed Ability	Coalville Resource Centre	Thu	19:30-20:30	15	18.09.2008	£49.50	HU082A332P
Pilates - Mixed Ability	Coalville Resource Centre	Thu	19:30-20:30	15	29.01.2009	£49.50	HU082C337P
Pilates - Mixed Ability	Donisthorpe Woodlands	Mon	10:45-11:45	15	15.09.2008	£49.50	HU082A446P
Pilates - Mixed Ability	Donisthorpe Woodlands	Mon	10:45-11:45	15	26.01.2009	£49.50	HU082C447P
Pilates - Mixed Ability	Hugglescote Community Centre	Mon	17:45-18:45	15	15.09.2008	£49.50	HU082A329P
Pilates - Mixed Ability	Hugglescote Community Centre	Mon	19:00-20:00	15	15.09.2008	£49.50	HU082A330P
Pilates - Mixed Ability	Hugglescote Community Centre	Mon	20:15-21:15	15	15.09.2008	£49.50	HU082A331P
Pilates - Mixed Ability	Hugglescote Community Centre	Thu	09:30-10:30	15	18.09.2008	£49.50	HU082A303P
Pilates - Mixed Ability	Hugglescote Community Centre	Thu	10:45-11:45	15	18.09.2008	£49.50	HU082A333P
Pilates - Mixed Ability	Hugglescote Community Centre	Mon	17:45-18:45	15	26.01.2009	£49.50	HU082C334P
Pilates - Mixed Ability	Hugglescote Community Centre	Mon	19:00-20:00	15	26.01.2009	£49.50	HU082C335P
Pilates - Mixed Ability	Hugglescote Community Centre	Mon	20:15-21:15	15	26.01.2009	£49.50	HU082C336P
Pilates - Mixed Ability	Hugglescote Community Centre	Thu	10:45-11:45	15	29.01.2009	£49.50	HU082C339P

COURSE NAME	LOCATION	DAY	TIME	NO. WKS	START DATE	COURSE COST	COURSE CODE
Pilates - Mixed Ability	Hugglescote Community Centre	Thu	09:30-10:30	15	29.01.2009	£49.50	HU082C338P
Pilates - Mixed Ability	Stoke Golding Baxter Hall	Fri	10:00-11:00	15	19.09.2008	£49.50	JC082A113P
Pilates - Mixed Ability	Stoke Golding Baxter Hall	Fri	10:00-11:00	15	30.01.2009	£49.50	JC082C113P
Pilates - Mixed Ability	Kegworth Community Centre	Wed	19:45-20:45	15	17.09.2008	£49.50	KG082A108P
Pilates - Mixed Ability	Anstey Martin High School	Thu	19:30-20:45	15	18.09.2008	£61.88	L0082A393P
Pilates - Mixed Ability	Anstey Martin High School	Thu	19:30-20:45	15	29.01.2009	£61.88	L0082C393P
Pilates - Mixed Ability	Birstall Longslade Community College	Wed	16:45-18:00	15	17.09.2008	£61.88	L0082A383P
Pilates - Mixed Ability	Birstall Longslade Community College	Wed	16:45-18:00	15	28.01.2009	£61.88	L0082C384P
Pilates - Mixed Ability	Melton Library	Wed	18:30-19:30	15	17.09.2008	£49.50	MT082A049P
Pilates - Mixed Ability	Melton Library	Thu	13:30-14:30	15	18.09.2008	£49.50	MT082A047P
Pilates - Mixed Ability	Melton Library	Wed	18:30-19:30	15	28.01.2009	£49.50	MT082C049P
Pilates - Mixed Ability	Melton Library	Thu	13:30-14:30	15	29.01.2009	£49.50	MT082C047P
Pilates - Mixed Ability	Melton Venture House	Tue	11:00-12:00	15	16.09.2008	£49.50	MT082A048P
Pilates - Mixed Ability	Melton Venture House	Tue	11:00-12:00	8	27.01.2009	£26.40	MT082C048P
Pilates - Mixed Ability	Wymeswold Memorial Hall	Tue	13:30-14:30	15	16.09.2008	£49.50	MT082A142P
Pilates - Mixed Ability	Wymeswold Memorial Hall	Tue	13:30-14:30	15	27.01.2009	£49.50	MT082C307P
Pilates - Mixed Ability	Loughborough Mountfields Evening Centre	Thu	18:00-19:00	15	18.09.2008	£49.50	LB082A064P
Pilates - Mixed Ability	Loughborough Mountfields Evening Centre	Thu	19:15-20:15	15	18.09.2008	£49.50	LB082A065P
Pilates - Mixed Ability	Loughborough Mountfields Evening Centre	Thu	18:00-19:00	15	29.01.2009	£49.50	LB082C064P
Pilates - Mixed Ability	Loughborough Mountfields Evening Centre	Thu	19:15-20:15	15	29.01.2009	£49.50	LB082C065P
Pilates - Mixed Ability	Wigston Guthlaxton Community College	Tue	19:30-20:30	15	16.09.2008	£49.50	PA082A042P
Pilates - Mixed Ability	Wigston Guthlaxton Community College	Tue	19:30-20:30	15	27.01.2009	£49.50	PA082C042P
Pilates - Mixed Ability	Mountsorrel Library	Wed	14:00-15:00	15	28.01.2009	£49.50	QR082C341P
Pilates - Mixed Ability	Syston Wreake Valley Community College	Tue	19:00-20:00	15	27.01.2009	£49.50	RO082C159P
Pilates - Mixed Ability	Thurmaston Roundhill Community College	Tue	19:00-20:00	15	16.09.2008	£49.50	RO082A159P
Pilates - Mixed Ability	Market Harborough St Hughes Church	Wed	19:00-20:00	15	17.09.2008	£49.50	WP082A321P
Pilates - Mixed Ability	Market Harborough St Hughes Church	Wed	20:00-21:00	15	17.09.2008	£49.50	WP082A386P
Pilates - Mixed Ability	Market Harborough St Hughes Church	Wed	19:00-20:00	15	28.01.2009	£49.50	WP082C387P
Pilates - Mixed Ability	Market Harborough St Hughes Church	Wed	20:00-21:00	15	28.01.2009	£49.50	WP082C386P
Pilates Based Body Conditioning - Mixed Ability	Groby Community College	Tue	19:45-21:00	15	16.09.2008	£61.88	GR082A073P
Pilates Based Body Conditioning - Mixed Ability	Groby Community College	Tue	19:45-21:00	15	27.01.2009	£61.88	GR082C073P
Pilates Based Body Conditioning - Mixed Ability	Groby Village Hall	Wed	13:45-15:00	15	17.09.2008	£61.88	GR082A347P
Pilates Based Body Conditioning - Mixed Ability	Groby Village Hall	Wed	13:45-15:00	15	28.01.2009	£61.88	GR082C354P
RYA Day Skipper	Oadby Beauchamp Community College	Mon	19:00-21:00	24	06.10.2008	£105.60	BE082A108F
RYA Day Skipper	Birstall Longslade Community College	Tue	19:00-21:00	24	07.10.2008	£105.60	L0082A101F
RYA Day Skipper	Quorn Rawlins Community College	Wed	19:00-21:00	24	08.10.2008	£105.60	QR082A143F
RYA Day Skipper	Lutterworth Community College	Wed	19:00-21:00	24	08.10.2008	£105.60	WP082A381F
RYA Yachtmaster	Oadby Beauchamp Community College	Tue	19:00-21:00	24	07.10.2008	£105.60	BE082A109F
RYA Yachtmaster	Quorn Rawlins Community College	Thu	19:00-21:00	24	09.10.2008	£105.60	QR082A144F
Salsacise - Mixed Ability	Bottesford Community Centre	Wed	19:45-20:45	15	17.09.2008	£49.50	BT082A252P
Salsacise - Mixed Ability	Bottesford Community Centre	Wed	19:45-20:45	15	28.01.2009	£49.50	BT082C252P
Somatics	Birstall Longslade Community College	Mon	18:00-19:00	15	15.09.2008	£49.50	L0082A388P
Somatics	Birstall Longslade Community College	Mon	19:15-20:15	15	15.09.2008	£49.50	L0082A387P
Somatics	Birstall Longslade Community College	Mon	18:00-19:00	15	26.01.2009	£49.50	L0082C387P
Somatics	Birstall Longslade Community College	Mon	19:15-20:15	15	26.01.2009	£49.50	L0082C388P
Tai Chi - Beginners	Kirby Muxloe Village Hall	Fri	10:00-11:15	15	19.09.2008	£61.88	GR082A074P
Tai Chi - Beginners	Kirby Muxloe Village Hall	Fri	10:00-11:15	15	30.01.2009	£61.88	GR082C315P
Tai Chi - Beginners	Birstall Longslade Community College	Fri	12:00-13:15	15	19.09.2008	£61.88	L0082A104P
Tai Chi - Beginners	Birstall Longslade Community College	Fri	12:00-13:15	15	30.01.2009	£61.88	L0082C104P
Yoga - Hatha	Blaby Scout Headquarters	Tue	10:00-11:30	15	16.09.2008	£74.25	C0082A124P
Yoga - Hatha	Blaby Scout Headquarters	Tue	19:00-20:30	15	16.09.2008	£74.25	C0082A125P
Yoga - Hatha	Blaby Scout Headquarters	Wed	10:00-11:30	15	17.09.2008	£74.25	C0082A126P

COURSE NAME	LOCATION	DAY	TIME	NO. WKS	START DATE	COURSE COST	COURSE CODE
Yoga - Hatha	Blaby Scout Headquarters	Tue	10:00-11:30	15	27.01.2009	£74.25	C0082C124P
Yoga - Hatha	Blaby Scout Headquarters	Tue	19:00-20:30	15	27.01.2009	£74.25	C0082C125P
Yoga - Hatha	Blaby Scout Headquarters	Wed	10:00-11:30	15	28.01.2009	£74.25	C0082C126P
Yoga - Improvers	Loughborough Shelthorpe Community School	Wed	18:30-20:00	15	17.09.2008	£74.25	LB082A068P
Yoga - Improvers	Loughborough Shelthorpe Community School	Wed	18:30-20:00	15	28.01.2009	£74.25	LB082C068P
Yoga - Mixed Ability	Oadby Beauchamp Community College	Tue	19:00-20:30	15	16.09.2008	£74.25	BE082A310P
Yoga - Mixed Ability	Oadby Beauchamp Community College	Tue	19:00-20:30	15	27.01.2009	£74.25	BE082C381P
Yoga - Mixed Ability	Bottesford Community Centre	Mon	13:15-14:45	12	15.09.2008	£59.40	BT082A084P
Yoga - Mixed Ability	Bottesford Community Centre	Mon	13:15-14:45	12	05.01.2009	£59.40	BT082C084P
Yoga - Mixed Ability	Enderby Brockington Community College	Tue	19:30-21:00	15	16.09.2008	£74.25	BR082A104P
Yoga - Mixed Ability	Enderby Brockington Community College	Tue	19:30-21:00	15	27.01.2009	£74.25	BR082C104P
Yoga - Mixed Ability	Newtown Linford Village Hall	Wed	14:15-15:45	15	17.09.2008	£74.25	GR082A076P
Yoga - Mixed Ability	Newtown Linford Village Hall	Wed	14:15-15:45	15	28.01.2009	£74.25	GR082C355P
Yoga - Mixed Ability	Castle Donington Community College	Tue	09:30-11:00	15	16.09.2008	£74.25	KG082A107P
Yoga - Mixed Ability	Castle Donington Community College	Tue	09:30-11:00	15	27.01.2009	£74.25	KG082C107P
Yoga - Mixed Ability	Shepshed Hind Leys Community College	Wed	19:30-21:00	15	17.09.2008	£74.25	KG082A110P
Yoga - Mixed Ability	Shepshed Hind Leys Community College	Wed	19:30-21:00	15	28.01.2009	£74.25	KG082C110P
Yoga - Mixed Ability	Birstall Longslade Community College	Thu	19:00-20:30	15	18.09.2008	£74.25	LO082A105P
Yoga - Mixed Ability	Birstall Longslade Community College	Thu	19:00-20:30	15	29.01.2009	£74.25	LO082C105P
Yoga - Mixed Ability	Melton Library	Wed	19:30-21:00	15	17.09.2008	£74.25	MT082A051P
Yoga - Mixed Ability	Melton Library	Wed	19:45-21:15	15	28.01.2009	£74.25	MT082C051P
Yoga - Mixed Ability	Wigston Guthlaxton Community College	Tue	19:00-20:30	15	16.09.2008	£74.25	PA082A043P
Yoga - Mixed Ability	Wigston Guthlaxton Community College	Tue	19:00-20:30	15	27.01.2009	£74.25	PA082C043P
Yoga - Mixed Ability	Market Harborough Welland Park Community College	Tue	10:00-11:30	15	16.09.2008	£74.25	WP082A203P
Yoga - Mixed Ability	Market Harborough Welland Park Community College	Tue	10:00-11:30	15	27.01.2009	£74.25	WP082C203P
Yoga - Mixed Ability	Market Harborough Roman Way	Wed	19:00-20:30	15	17.09.2008	£74.25	WP082A206P
Yoga - Mixed Ability	Market Harborough Roman Way	Wed	18:00-19:30	15	28.01.2009	£74.25	WP082C205P
Yoga After Work - Mixed Ability	Enderby Brockington Community College	Thu	17:30-19:00	15	18.09.2008	£74.25	BR082A105P
Yoga After Work - Mixed Ability	Enderby Brockington Community College	Thu	17:30-19:00	15	29.01.2009	£74.25	BR082C105P
Yoga and Relaxation	Groby Community College	Mon	19:00-20:30	15	15.09.2008	£74.25	GR082A079P
Yoga and Relaxation	Groby Community College	Tue	17:45-19:15	15	16.09.2008	£74.25	GR082A080P
Yoga and Relaxation	Groby Community College	Wed	19:30-21:00	15	17.09.2008	£74.25	GR082A081P
Yoga and Relaxation	Groby Community College	Mon	19:00-20:30	15	26.01.2009	£74.25	GR082C079P
Yoga and Relaxation	Groby Community College	Tue	17:45-19:15	15	27.01.2009	£74.25	GR082C080P
Yoga and Relaxation	Groby Community College	Tue	19:30-21:00	15	27.01.2009	£74.25	GR082C081P
Yoga and Relaxation	Kegworth Community Centre	Fri	09:30-11:30	15	19.09.2008	£99.00	KG082A112P
Yoga and Relaxation	Kegworth Community Centre	Fri	09:30-11:30	15	30.01.2009	£99.00	KG082C112P
Yoga and Relaxation	Thurmaston Roundhill Community College	Wed	13:15-14:45	15	17.09.2008	£74.25	R0082A166P
Yoga and Relaxation	Thurmaston Roundhill Community College	Fri	09:45-11:15	15	19.09.2008	£74.25	R0082A373P
Yoga and Relaxation	Thurmaston Roundhill Community College	Wed	13:15-14:45	15	28.01.2009	£74.25	R0082C166P
Yoga and Relaxation	Thurmaston Roundhill Community College	Fri	09:45-11:15	15	30.01.2009	£74.25	R0082C373P
Yoga and Pregnancy	Mountsorrel Library	Thu	14:00-15:00	10	18.09.2008	£33.00	QR082A340P
Yoga for All	Anstey Martin High School	Thu	19:00-20:30	15	18.09.2008	£74.25	LO082A385P
Yoga for All	Anstey Martin High School	Thu	19:00-20:30	15	29.01.2009	£74.25	LO082C386P
Yoga for Fitness	Birstall Longslade Community College	Mon	19:45-20:45	15	15.09.2008	£49.50	LO082A108P
Yoga for Fitness	Birstall Longslade Community College	Mon	19:45-20:45	15	02.02.2009	£49.50	LO082C108P
Yoga for Pregnancy and Birth	Oadby Beauchamp Community College	Mon	19:00-20:00	12	15.09.2008	£39.60	BE082A311P
Yoga for Pregnancy and Birth	Market Harborough Roman Way	Tue	13:30-14:30	12	16.09.2008	£39.60	WP082A322P
Yoga for Over 50s	Broughton Astley Village Hall	Wed	13:00-14:30	15	17.09.2008	£74.25	C0082A511P
Yoga for Over 50s	Broughton Astley Village Hall	Wed	13:00-14:30	15	28.01.2009	£74.25	C0082C511P
Yoga to Strengthen Tone & Restore Body & Mind	Birstall Longslade Community College	Fri	10:30-12:00	15	19.09.2008	£74.25	LO082A391P
Yoga to Strengthen Tone & Restore Body & Mind	Birstall Longslade Community College	Fri	10:30-12:00	15	30.01.2009	£74.25	LO082C391P