



**NATURAL
COACHING**

TRUST YOUR LIFE **NATURAL COACHING CLASS SCHEDULE 2013/14**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>6:00-7:00</i>	<i>WIDE AWAKE CLUB</i>		<i>WIDE AWAKE CLUB</i>		<i>WIDE AWAKE CLUB</i>	
<i>7:00-8.00</i>	<i>WIDE AWAKE CLUB</i>		<i>WIDE AWAKE CLUB</i>		<i>WIDE AWAKE CLUB</i>	
<i>8:00-9:00</i>	<i>WIDE AWAKE CLUB</i>		<i>WIDE AWAKE CLUB</i>		<i>WIDE AWAKE CLUB</i>	
<i>10:00-11.00</i>						<i>NATURE FIT (HARLESTONE FIRS)</i>
<i>18:00-19:00</i>		<i>WAC -SMALL GROUP PT</i>		<i>WAC -SMALL GROUP PT</i>		
<i>19:00-20:00</i>	<i>WAC -SMALL GROUP PT</i>	<i>WAC -SMALL GROUP PT</i>	<i>WAC -SMALL GROUP PT</i>			
<i>19:00-20:30</i>				<i>HATHA YOGA</i>		

PLEASE FEEL FREE TO CONTACT US! TO BOOK NOW, for prices or more information - E-mail us at info@naturalcoaching.co.uk or call us directly on **07812 973562/07545 490469**

NATURAL COACHING ARE BASED AT ISIS GYM (unless otherwise stated) -Royal Terrace, Barrack Road, Northampton, NN1 3RF

HARLESTONE FIRS Harlestone Road, Northampton, Northamptonshire, NN5 6U

NATURAL COACHING "Your first step to real and lasting change"

