

# Summer Timetable 2017

**Mon July 31st - Sat Sept 2nd**      This timetable will repeat for the entire 5 week summer timetable

<b>Mondays</b>	9.30am	Foam roller challenge (all levels)
	10.45am	Balls Balls Balls class (all levels)
<b>Tuesdays</b>	10am	Lengthen & Strengthen Reformer (all levels)
	11.15am	Spine Corrector class (all levels)
	8pm	Foam roller challenge (all levels)
<b>Wednesdays</b>	9.30am	HIP Pilates (High Intensity Power) mat class (intermediate) AUG 2nd AND AUG 9th ONLY
	9.30am	Spine Corrector class (all levels) AUG 16th, 23rd AND 30th ONLY
	10.45am	Lengthen & Strengthen Reformer (all levels)
<b>Thursdays</b>	7pm	Lengthen & Strengthen Reformer (all levels)
	8.15pm	Dynamic Strength Mat Pilates (all levels)
<b>Fridays</b>	9.30am	Dynamic Strength Mat Pilates (intermediate)
	10.45am	All the Toys mat class (all levels)
<b>Mat classes</b>	£12.00	All classes run for 60 minutes.
<b>Spine Corrector</b>	£16.00	
<b>Equipment/Reformer class</b>	£25.00	
<b>Teachers will change throughout the summer depending on availability</b>		