

Summer Timetable 2019

<u>Mon July 29th - Fri Aug 30th</u>		<u>This timetable will repeat for the entire 5 week summer timetable and teachers may be subject to change due to holiday days 😎</u>	
Mondays	9.30 am	Strengthen, Stretch and Balance mat class (all levels)	Shelley
	10.45 am	Abs, Arms and A** Reformer class (all levels)	Shelley
No classes on bank holiday Monday (Aug 26th)			
Tuesdays	12.30pm	Yoga/Pilates Fusion mat class	Chloe
Wednesdays	10.30am	Restore your pelvic floor mat class (all levels/all sexes!)	Shannon
Thursdays	7pm	Stretch and Strengthen Reformer (all levels)	Charlene
	8pm	Creative Foam Roller (all levels)	Charlene
Fridays	9.30am	In tune with mind, body and breath mat class (Intermediate)	Sarah
	10.45am	Music to the Mat! (all levels)	Sarah
Mat classes	£14.00	All classes run for 60 minutes.	
Equipment/Reformer class	£25.00		