


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Clinical Yoga Mixed ability Catherine Huck 08:00 – 09:00	Yoga Mixed/advanced ability Catherine Huck 07:30 – 08:30	Clinical Yoga Mixed ability Catherine Huck 08:00 – 09:00	Matwork Pilates Mixed ability/advanced Vanessa Geremias 08:00 – 09:00	Clinical Yoga Mixed ability Catherine Huck 08:00 – 09:00	Vinyasa Yoga Mixed ability Roosa Leimu 08:15 – 09:15
Clinical Yoga Mixed ability Catherine Huck 09:15 – 10:15	Barre Pilates Mixed ability Juliette Willman 09:00 – 09:50	Clinical Yoga Mixed ability Catherine Huck 09:15 – 10:15	Yoga Mixed/advanced ability Catherine Huck 09:15 – 10:15	Reformer Pilates Beginners Vanessa Geremias 09:15 – 10:05	Matwork Pilates Beginners Vanessa Geremias 09:30 – 10:30
Matwork Pilates Mixed ability Gemma Queralt 11:00 – 12:00	Reformer Pilates Advanced Vanessa Geremias 10:00 – 10:50	Matwork Pilates Mixed ability Vanessa Geremias 10:30 – 11:30	Matwork Pilates Mixed ability Nicola G / Claire R 10:30 – 11:30	Reformer Pilates Intermediate Juliette Willman 10:20 – 11:10	Reformer Pilates Intermediate Lucy Wiltshire 10:40 – 11:30
Matwork Pilates Mixed ability Gemma Queralt 12:15 – 13:15	Matwork Pilates Mixed ability Vanessa Geremias 11:00 – 12:00	Reformer Pilates Intermediate Vanessa Geremias 11:40 – 12:30	Clinical Yoga Beginners Catherine Huck 12:15 – 13:15	Clinical Yoga Mixed ability Catherine Huck 11:30 – 12:30	Reformer Pilates Beginners Lucy Wiltshire 11:40 – 12:30
Matwork Pilates Mixed ability Nicola G / Claire R 13:30 – 14:30	Yoga Beginners / Improvers Bertie Jesson 12:15 – 13:15	Reformer Pilates Intermediate Kate Layton 12:40 – 13:30	Mindbody Pilates Mixed ability matwork Clare MacGinnis 13:30 – 14:30	Clinical Yoga Mixed ability Catherine Huck 12:30 – 13:30	Mini Professionals Children's dance class Contact Bethany Gorton 13:00 – 14:30
Yoga - Hatha Gentle mixed ability Brita Benson 14:45 – 15:45	Tai Chi for health Mixed ability Clare MacGinnis 13:30 – 14:30		Functional Fitness for older people Clare MacGinnis 14:45 – 15:45	Yoga - Iyengar Beginners / Improvers Sophia Argyris 13:40 – 15:10	Geneva Ballet School Children's ballet class Contact Krystle Smith 15:45 – 17:15
Mini Professionals Children's dance class Contact Bethany Gorton 16:30 – 17:30	Functional Fitness for older people Clare MacGinnis 14:45 – 15:45	Matwork Pilates Mixed ability Claire Rogers 16:00 – 17:00	Stretch for Health Heidi Mercer Mixed ability 17:00 – 17:45	Yoga - Restorative Sophia Argyris runs monthly 15:30 – 17:00	Sunday
	Mini Professionals Children's dance class Contact Bethany Gorton 16:30 – 17:30	Matwork Pilates Beginners Claire Rogers 17:00 – 18:00	Reformer Pilates Intermediate Juliette Willman 18:10 – 19:00		Yoga Nidra Mixed ability Roosa Leimu 15:00 – 17:00 monthly
Matwork Pilates Mixed ability Hannah M / Catherine H 19:00 – 20:00	Matwork Pilates Mixed/Advanced ability Kate Layton 18:00 – 19:00	Matwork Pilates Mixed ability Claire Rogers 18:00 – 19:00	Reformer Pilates Intermediate Juliette Willman 19:10 – 20:00	Matwork Pilates Mixed ability Jenny Cullom 18:30 – 19:30	 from 4th Sept 2017 (classes may be subject to change)
	Yoga Mixed ability Bertie Jesson 19:30 – 20:45	Yoga - Iyengar Intermediate/Advanced Sophia Argyris 19:40 – 21:10	Women's Yoga Mixed ability Roosa Leimu 20:15 – 21:15		