


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Clinical Yoga</b> Mixed ability Catherine Huck 08:00 – 09:00	<b>Yoga</b> Mixed/advanced ability Catherine Huck 07:30 – 08:30	<b>Clinical Yoga</b> Mixed ability Catherine Huck 08:00 – 09:00	<b>Reformer Pilates</b> Advanced Vanessa Geremias 08:10 – 09:00	<b>Clinical Yoga</b> Mixed ability Catherine Huck 08:00 – 09:00	<b>Vinyasa Yoga</b> Mixed ability Roosa Leimu 08:15 – 09:15
<b>Clinical Yoga</b> Mixed ability Catherine Huck 09:15 – 10:15	<b>Barre Pilates</b> Mixed ability Juliette Willman 09:00 – 09:50	<b>Clinical Yoga</b> Mixed ability Catherine Huck 09:15 – 10:15	<b>Yoga</b> Mixed/advanced ability Catherine Huck 09:15 – 10:15	<b>Reformer Pilates</b> Beginners Course Vanessa Geremias 09:15 – 10:05	<b>Matwork Pilates</b> Beginners Course Vanessa Geremias 09:30 – 10:30
<b>Matwork Pilates</b> Mixed ability Gemma Queralt 11:00 – 12:00	<b>Reformer Pilates</b> Advanced Vanessa Geremias 10:00 – 10:50	<b>Matwork Pilates</b> Mixed ability Andrea Jobbagy 10:30 – 11:30	<b>Matwork Pilates</b> Mixed ability Jenny Cullom 11:00 – 12:00	<b>Reformer Pilates</b> Intermediate Andrea Jobbagy 10:20 – 11:10	<b>Reformer Pilates</b> Intermediate Vanessa Geremias 10:40 – 11:30
<b>Matwork Pilates</b> Mixed ability Gemma Queralt 12:15 – 13:15	<b>Matwork Pilates</b> Mixed ability Vanessa Geremias 11:00 – 12:00	<b>Reformer Pilates</b> Intermediate Andrea Jobbagy 11:40 – 12:30	<b>Clinical Yoga</b> Beginners Catherine Huck 12:15 – 13:15	<b>Clinical Yoga</b> Mixed ability Catherine Huck 11:30 – 12:30	<b>Reformer Pilates</b> Beginners Course Vanessa Geremias 11:40 – 12:30
<b>Matwork Pilates</b> Mixed ability Claire Rogers 13:30 – 14:30	<b>Yoga</b> Beginners / Improvers Bertie Jesson 12:15 – 13:15	<b>Reformer Pilates</b> Intermediate Kate Layton 12:40 – 13:30	<b>Mindbody Pilates</b> Mixed ability matwork Clare MacGinnis 13:30 – 14:30	<b>Clinical Yoga</b> Mixed ability Catherine Huck 12:30 – 13:30	<b>Mini Professionals</b> Children's dance class Contact Bethany Gorton 13:00 – 14:00
<b>Yoga - Hatha</b> Gentle mixed ability Brita Benson 14:45 – 15:45	<b>Tai Chi for health</b> Intermediate Clare MacGinnis 13:30 – 14:30	<b>Tai Chi for health</b> Beginner's course Clare MacGinnis 13:45 – 14:45	<b>Functional Fitness</b> course for older people Clare MacGinnis 14:45 – 15:45	<b>Yoga - Iyengar</b> Beginners / Improvers Sophia Argyris 13:40 – 15:10	
<b>Mini Professionals</b> Children's dance class Contact Bethany Gorton 16:30 – 17:30	<b>Functional Fitness</b> course for older people Clare MacGinnis 14:45 – 15:45	<b>Matwork Pilates</b> Mixed ability Claire Rogers 16:00 – 17:00			<b>Sunday</b>
	<b>Mini Professionals</b> Children's dance class Contact Bethany Gorton 16:30 – 17:30	<b>Matwork Pilates</b> Beginners Course Claire Rogers 17:00 – 18:00	<b>Reformer Pilates</b> Intermediate Andrea Jobbagy 18:10 – 19:00		<b>Yoga Nidra</b> Mixed ability Roosa Leimu 15:00 – 17:00 monthly
<b>Matwork Pilates</b> Mixed ability Catherine Hooper 19:00 – 20:00	<b>Matwork Pilates</b> Mixed/Advanced ability Kate Layton 18:00 – 19:00	<b>Matwork Pilates</b> Mixed ability Claire Rogers 18:00 – 19:00	<b>Reformer Pilates</b> Intermediate Andrea Jobbagy 19:10 – 20:00	<b>Matwork Pilates</b> Mixed ability Jenny Cullom 18:30 – 19:30	 <b>from 19th Feb 2018</b> (classes may be subject to change)
<b>Reformer Pilates</b> Intermediate Andrea Jobbagy 10:20 – 11:10	<b>Yoga</b> Mixed ability Bertie Jesson 19:30 – 20:45	<b>Yoga - Iyengar</b> Intermediate/Advanced Sophia Argyris 19:30 – 21:00	<b>Yoga - Gentle flow</b> Mixed ability Roosa Leimu 20:15 – 21:15		