

TIMETABLE

Please contact individual teachers for booking ..

MONDAY

09.15	PILATES with weights - Charlie
10.30	HATHA VINYASA YOGA - madecreatives
18.45	PILATES mixed ability - Seth
20.00	PILATES mixed ability - Seth

TUESDAY

09.15	FitBall Body Conditioning - Kirsty
18.45	PILATES mixed ability - Seth

WEDNESDAY

09.15	PILATES mixed ability - Seth
10.30	GENTLE PILATES - Seth
18.45	PILATES mixed ability - Lisa
20.00	PILATES mixed ability - Lisa

THURSDAY

09.15	PILATES Mixed Ability - Lisa
10.30	STRETCH THERAPY - Lisa
18.45	PILATES mixed ability - Juliette
20.00	TRX Training - Kirsty Ellson

FRIDAY

9.15	PILATES mixed ability. - Karen
10.30	HATHA YOGA - Kat Scott

SATURDAY

10.30	TRX training - Seth
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TEACHING CONTACTS

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