

## TIMETABLE

### MONDAY

09.15 PILATES with weights - Charlie Revell

18.45 PILATES mixed ability - Seth

20.00 PILATES mixed ability - Seth

### TUESDAY

09.15 FitBall Body Conditioning - Kirsty Ellson.

11.00 **CHAIR pilates - Charlie Revell (Start 8/4)**

18.45 PILATES mixed ability - Seth

20.00 **TRX Training - Kirsty Ellson. (Start ...)**

### WEDNESDAY

09.15 PILATES mixed ability - 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 with weights - Charlie Revell (Start 4/4)**

20.00 TRX Training - Kirsty Ellson

### FRIDAY

9.15 PILATES - Karen Turner

10.30 HATHA YOGA - Kat Scott

### SATURDAY

10.30 TRX training - Seth

### SUNDAY

**WORKSHOPS**