

TIMETABLE

MONDAY

09.15	PILATES with weights - Charlie Revell
10.30	PILATES mixed ability - Geet
18.45	PILATES mixed ability - Seth
20.00	PILATES mixed ability - Seth

TUESDAY

09.15	FitBall Body Conditioning - Kirsty Ellson.
18.45	PILATES mixed ability - Seth
20.00	PILATES mixed ability - Geet

WEDNESDAY

09.15	PILATES mixed ability - Seth
14.00	PILATES mixed ability - Lisa
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
20.00	TRX Training - Kirsty Ellson

FRIDAY

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

SATURDAY

10.30	TRX training - Seth
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SUNDAY

WORKSHOPS