

## 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

18.45	PILATES mixed ability - Seth
20.00	PILATES mixed ability - Geet

### 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

### FRIDAY

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

### SATURDAY

09.00	HATHA YOGA - Diane Potts
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### SUNDAY

WORKSHOPS