

## Timetable for February Half Term

Monday 13th Feb	Tuesday 14th Feb	Wednesday 15th Feb	Thursday 16th Feb	Friday 17th Feb	Saturday 18th Feb
Int 1 9.30am Julie		Int 2 9.30 Sandra	Beg/ int 1 10.00 Jo		OPEN DAY 10.00-4.00
Beg/Int1 10.30 Julie		Int 1 10.30 Sandra	Older Adult 11.30 am Jenny		
			Adv 12.30 Jenny	Int 1 10am Sandra	
				Beg 11am Sandra	
			Small Group Rehab 1.45 Emma		
Int 1/2 5.30pm Jenny		Beg/Int 1 5.30pm Sandra			
	Beg/Int 1 7.00pm Laura		Small Group Pre/post Natal 6.00pm Jenny		
Int 1/2 7.30pm Kirsten		Int 2/ Adv 7.30pm Jenny	Beg/ Int 1 7.00 Jenny		
	Int 1 8.00 Laura				

These classes can be used as make up sessions or can be paid for individually at £8 per class. Please book with your instructor, via The Orchard reception or email [jenny@physiofitleeds.co.uk](mailto:jenny@physiofitleeds.co.uk)