

Main Studio Timetable for January/February Courses

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Int 1 9.30am Julie	Small group Beg 9.30 Julie	Small Group Int 2 9.30 Sandra	Small Group Beg 9.30 Jo	Pilates For Sport 7.30am Emma Smithson	Small Group Pre/post Natal 9am Jenny
Small Group Older Adult 10.30am Julie	Int 1 10.30 Julie	Small Group Int 1 10.45 Julie	Small Group Older Adult 11am Jenny		Small Group Beg 10.15 Stacey
		Small Group Int 2 11.45 Julie	Int 2/Adv 12.30 Jenny	Small Group Int 1 10am Sandra	Int 1/2 11.15 Stacey
				Small Group Beg 11am Sandra	
	Small group Int 1 2.00 Emma		Small Group Rehab 1.45 Emma	Small Group Chair based 1.30 pm Laura	
Int1/2 5pm Jenny	Int 1/2 5.30 Julie	Int 1 5pm Sandra			
Int 1 6pm Jenny	Int 1 6.30pm Stacey	Beg 6pm Sandra	Small Group Pre/post Natal 6.00pm Jenny		
Int 1 7pm Kirsten	Small group Beginners 7.30pm Stacey	Adv 7pm Jenny	Int 2 7.00pm Stacey		
Int 2/Adv 8pm Kirsten	Int 1 8.30pm Laura	Int 2 8pm Jenny	Beg 8pm Stacey		

The classes run with the school half terms, with the next 6 week course starting week commencing 3rd January. Please see the website for prices. Please email info@physiofitleeds.co.uk letting us know which class you are interested in, or with any further questions.