

## February Half Term Pilates Timetable 2019

	MONDAY 18th		TUESDAY 19th		WEDNESDAY 20th		THURSDAY 21st		FRIDAY 22nd		SATURDAY 23rd	
	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak
07.30									Pilates for Sports 07.45 (45min) Jenny			
08.00												
08.30												
09.00												
09.30	Int 2 9.30 Julie				Int 1/2 09.30 Susie				Int 1 9.30 Katie		Beg/Int 1 9.00 Liz	Ante/Post Natal 09.00 Becky
10.00		Neuro 10.00 Jess	Int 1 10.00 Julie				Int 1 10.00 Susie				Int1/2 10.00 Liz	
10.30	Older Adult 10.30 Julie	Neuro 11.00 Jess		Neuro 10.30 Jess	Beg 10.30 Susie			Int 1/Rehab 10.30 Jenny				
11.00												
11.30	Int 1 11.30 Elaine		Older Adult 11.45 Susie		Rehab 11.30 Susie							
12.00												
12.30												
13.00												
13.30	Post Natal 13.30 Jenny											
14.00												
14.30												
15.00												
15.30			Int 1/2 15.30 Julie									
16.00												
16.30												
17.00												
17.30	Int 1/2 17.30 Julie				Beg/Int 1 17.30 Emily							
18.00				Int 1/2 6pm Julie								
18.30		Beginners 18.30 Yulia				Ante/Post Natal 18.30 Jacqui	Int 1/2 18.30 Caitlin	Ante/Post Natal 18.30 Jenna				
19.00					Int 1 19.00 Emma							
19.30	Int 1/2 19.30 Susie		Ante/Post Natal 19.30 Liz		Int 2/Advanced 19.30 Jenny	Int 1/2 19.30 Sam						
20.00			Int 1/2 20.00 Su		Int 2/Adv 20.00 Emma			Int 1 20.00 Jenny L	Beg/Int 1 20.00 Sarah			
20.30			Int 1 20.30 Liz			Beginners 20.30 Sam						
21.00												

Large class (maximum 12 people)

Small class (maximum 6 people)

Small class (maximum 5 people)