

MAIN STUDIO & ONLINE

October half term Timetable

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom	Studio	Zoom
07.30									Advanced 07.30 Emily/Caitlin			
08.00												
08.30												
09.00									Int 2 09.00 Emily		Int 2 09.00 Caitlin	
09.30	Int 2 9.30 Julie							Int 1 09.30 Emily				
10.00			Int 1 10.00 Julie						Beg/Int1 10.00 Emily		Int 1/2 10.00 Caitlin	
10.30		Neuro 10.30 Julie			Int 1 10.30 Sue							
11.00			Post Natal 11.00 Stella									
11.30					Rehab 11.30 Sue		Older Adult 11.30 Emily	Neuro 11.30 Stella				
12.00			Rehab 12.00 Suzie C									
12.30												
13.00												
13.30							Strength Class 13.30 TBC Suzie		Post Natal 13.30 Caitlin			
14.00												
14.30	Neuro 2.30 Emily											
15.00												
15.30			Int 1/2 15.30 Julie									
16.00												
16.30												
17.00		Int 1 17.00 Julie										
17.30			Int 1/2 17.30 Julie									
18.00	Beg 18.00 Julie				Int 1 18.00 Jennifer							
18.30							Ante Natal 18.30 Jenna					
19.00												
19.30	Int 1/2 19.30 Emily				Int 2/Adv 19.30 Jenny							
20.00							Int 1/2 20.00 Jennifer					
20.30				Int 2 20.30 Liz								
21.00												

- Large Pilates class (max 12)
- Small Pilates class (max 6)
- Strength Class (max 12)

HAZEL STUDIO (Reformer classes—max 4)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	08.50 Julie				
18.15 Emily				12.15 Caitlin	

OAK STUDIO (max 5)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19.30 Beg - Sarah		19.30 Int 1 - Jennifer	19.30 Ante Natal - Jenna		
20.30 Int 1/2 Sarah					