

May Half Term Pilates Timetable 2018

	MONDAY 28th May		TUESDAY 29th May		WEDNESDAY 30th May		THURSDAY 31st May		FRIDAY 1st June		SATURDAY 2nd June			
	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak		
07.30	BANK HOLIDAY								Pilates for Sports 07.30 (45min) Emma					
08.00														
08.30														
09.00														
09.30					Int 2 09.30 Julie		Int 1/2 09.30 Julie		Int 1 09.30 Sue					
10.00					Neuro 10.00 Katy						Int 1 10.00 Sue		Beg/Int 1 10.00 Caitlin	
10.30					Int 1 10.30 Julie				Int 1/Rehab 10.30 Sue					
11.00						Neuro 11.00 Katy							Int 1/2 11.00 Caitlin	
11.30					Older Adult 11.45 Yulia		Rehab/Beg 11.30 Julie							
12.00														
12.30									Post Natal * 12.30 Jenny					
13.00														
13.30									Rehab 13.45 Emma					
14.00														
14.30														
15.00														
15.30					Int 1/2 15.30 Julie									
16.00														
16.30														
17.00														
17.30														
18.00			Int 1 18.00 Julie		Beg/Int 1 17.30 Sandra									
18.30							Ante/Post Natal 18.30 Jenna	Int 2 18.30 Caitlin						
19.00					Int 2/Adv 19.00 Jenny									
19.30			Int 1 19.30 Emma	Ante/Post Natal 19.30 Emily		Int 1/2 19.30 Jenna			Int 1/2 19.30 Sarah					
20.00					Int 1/2 20.00 Jenny			Int 1 20.00 Caitlin						
20.30			Int 2/Adv 20.30 Emma	Beg 20.30 Paul		Beginners 20.30 Su L			Beginners 20.30 Sarah					
21.00														

Large class (maximum 12 people)

Small class (maximum 6 people)

Small class (maximum 5 people)

** Class allows babies*