

October Half Term Pilates Timetable 2018

	MONDAY 29th October		TUESDAY 30th October		WEDNESDAY 31st October		THURSDAY 1st November		FRIDAY 2nd November		SATURDAY 3rd November	
	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak	Main	Oak
07.30									Pilates for Sports 07.30 (45min) Jenny			
08.00												
08.30												
09.00											Ante/Post Natal 09.00 Becky	
09.30	Int 2 09.30 Julie				Int 1/2 09.30 Sandra				Int 1 09.30 Katie			
10.00		Neuro TBC 10.00 Jess	Int 1 10.00 Julie				Int 1 10.00 Susie P				Beg/Int 1 10.00 Liz	
10.30	Older Adult 10.30 Julie			Neuro 10.45 Stella								
11.00		Neuro TBC 11.00 Jess										Int 1/2 11.00 Liz
11.30			Older Adult 11.45 Sandra		Rehab/Older Adult 11.30 Janet							
12.00	Int 1 12.00 Susie P											
12.30										Post Natal * 12.30 Katie		
13.00												
13.30												
14.00												
14.30	Post Natal* 14.45 Jenny											
15.00												
15.30			Int 1/2 15.30 Julie									
16.00												
16.30												
17.00												
17.30												
18.00	Int 1/2 18.00 Jenna		Int 1/2 18.00 Julie		Beg/Int 1 17.30 Sandra	Ante/Post Natal 17.30 Jacqui						
18.30			Beg/Int 1 18.30 Emily				Ante/Post Natal 18.30 Jacqui	Int 1/2 18.30 Caitlin	Ante/Post Natal 18.30 Jenna			
19.00												
19.30	Int 1/2 19.30 Susie P		Int 1 19.30 Emma	Ante/Post Natal 19.30 Emily	Int 2/Advanced 19.30 Jenny	Int 1/2 19.30 Sam	Int 1 19.30 Caitlin					
20.00			Int 1/2 20.00 Su						Beg/Int 1 20.00 Jacqui			
20.30			Int 2 20.30 Emma	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)

** Class allows babies*